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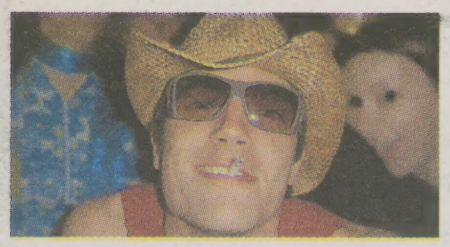

Gavin Lynch:
Making cool art
Pages 12 & 13

Chet's Hawaiian
melodies
Page 17

Earning a PhD in urinology for 58 years.

MARTLET

Thursday, January 12, 2006 | The University of Victoria's Independent Newspaper | www.martlet.ca | Volume 58, Issue 17

This person has a law degree, so why is he mopping up urine?

Getting foreign degrees recognized in Canada

Page 7

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Canada has 'responsibility towards humanity,' says Dallaire

Retired Lieutenant-General questions why Canadian peacekeepers were absent from Rwanda during 1994 genocide

by Matthew Gauk

Senator Romeo Dallaire laid out his grand design for Canada in the international community Jan. 9, in a UVic lecture hall guarded by three levels of ushers and security.

Dallaire was the UN Commander in Rwanda during the 1994 genocide and played a major role in the world's eventual recognition of the killing.

In addition to being a retired Lieutenant-General in the Canadian Forces and a Liberal Senator from Quebec, Dallaire is a Special Advisor to the Canadian Government on War Affected Children and the Prohibition of Small Arms Distribution. His best-selling book, *Shake Hands with the Devil*, received much critical acclaim, and last spring he received an honourary degree from UVic.

The lecture, sponsored by the UVic Dean's Office and the Faculty of Human and Social Development, focused on humanitarianism and the moral imperative of peacekeeping. Students sitting on the floor and in the aisles filled the hall to capacity.

"I come to you with an argument that all humans are human, and there isn't one that's more human than the other," Dallaire told his audience. Canada has come of age in a globalized world, according to Dallaire, and the new post-Cold War era has changed the idea of the nation-state.

He questioned the "parochial and sometimes very limiting" dimensions of the nation-state, and says that instruments such as sovereignty can be dangerous, creating differences that lead to friction and ultimately bringing forth conflict.

"The whole of humanity has got to be part of the evolution of this globe, and where it situates itself in the universe," Dallaire said. The balanced tension of the Cold War culminated in a form of security, where each country had huge standing armies, available to politicians and diplomats, to be used to protect themselves and their interests. This friction, Dallaire says, disappeared with the Cold War and led to a new era of disorder.

"It is not logical that in fact 20 per cent of the world says humanity is advancing, when 80 per cent of humanity is still in the mud, the blood, the suffering, and in conditions that are often inhumane. There is no logic in humanity to have those two disparities."

The 1990s was a decade in which many of the states of the developing world went into catastrophic failure.

Dallaire contends this was ultimately brought about first by colonialism and then by dictators who were funded by world powers competing for their own needs.

"We turned to the same people, the despots, and said, 'Listen, we don't need you anymore so why don't you sort yourselves out?' In Rwanda, we did nothing to prevent the genocide and we did nothing to stop it."

While the Rwandans were killing each other in the hundreds of thousands, Canada was focusing on the conflict in ex-Yugoslavia, where it committed thousands of troops and millions of dollars. Dallaire prods Canadians to ask why that decision was made.

"We very tritely said [the genocide] was tribalism," said Dallaire. "The media, knowing nothing of the background, simply named it as tribalism. 'They've always done it, they'll always do it, so we'll wait until it's over and hopefully it'll end fast so we can move on.'"

The "never again" concept that followed the Holocaust apparently has not translated to some of those most war-torn regions of the world, especially considering the seemingly endless violence in places like Iraq and Darfur.

AHMED MUMENI PHOTO

Senator Romeo Dallaire addresses a packed room in UVic's Senate Chambers Jan. 9. He spoke out against Canada's history of discrimination in its foreign policy.

While Canadians gave large amounts of aid to tsunami relief, they gave comparatively little to the Darfur crisis, Dallaire points out. The response to humanitarian crises is still done on a pick-and-choose basis.

"Maybe there is a pecking order; maybe there is a prioritization of humanity," he said. "We certainly looked at it and acted that way."

The Iraq War became a jumping off point for Dallaire's overarching message that Canada can create a new role for itself as a moral peacemaker and peacekeeper. While Canada was right not to join the Americans in the war, he contends that we failed the Iraqis because we knew they would suffer and we did nothing.

"Knowing that, we the middle powers—Japan, Germany, Canada—didn't offer to the UN the opportunity to say, 'Hey, don't go into Baghdad. Fight that army, fine. But don't go into Baghdad, you carry too much baggage. Let us go in. We have transparency, we have impartiality, and we have the skill.'"

Instead of just having boots on the ground, Dallaire proposes that the officer corps must have more intellectually-based knowledge gained from the study of anthropology, philosophy and sociology. He sees a new perspective emerging among younger Canadians, who see the country as a global leader able to move on its own strategies.

Canada can be the link between the great powers and the lesser ones, Dallaire says, and this is the country's real coming of age. "It has been thrust upon us, this responsibility towards humanity, because we have the attributes as a middle power to be a leading element in the advancement of human rights and the rights of the individual."

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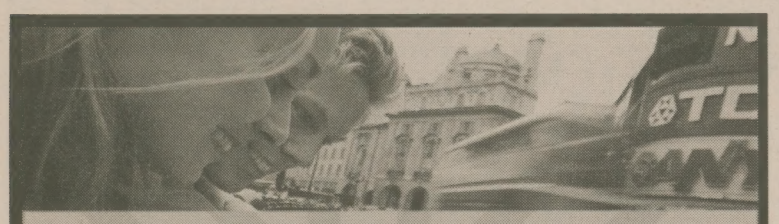

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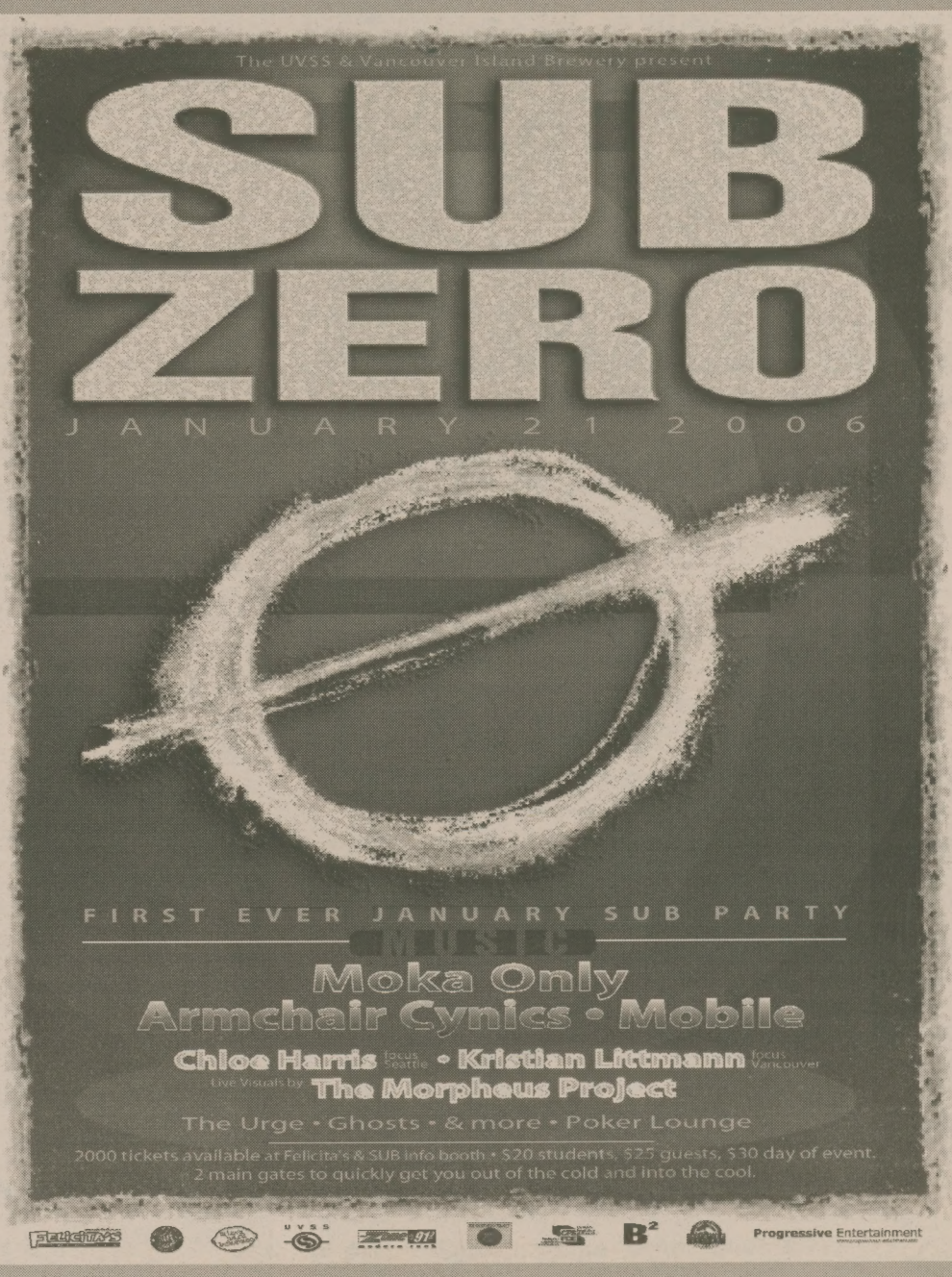
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LINLEY FAULKNER PHOTO

A new UVic study shows 85 to 90 per cent of alcohol consumed by young Canadians is in excess of low-risk guidelines.

Canadians love their booze, study shows

by Matthew Gauk

A study by UVic's Centre for Addictions Research of BC (CARBC) claims that alcohol is Canada's favourite—and most dangerous—drug.

Estimates show that over 1,700 deaths were wholly or partly caused by excess alcohol consumption in B.C. in 2003, compared to 185 deaths directly due to illicit drugs.

"The big point of this is to benchmark Canadian drinking patterns; the extent to which British Columbians and Canadians drink [compared] to the recommended guidelines of health and safety," said Dr. Tim Stockwell, the director of CARBC and a UVic psychology professor. "Only a minority of alcohol in Canada is consumed in a way which is consistent with the guidelines."

In this first CARBC Statistical Bulletin, data from the 2004 Canadian Addiction Survey (CAS) is used to address questions relating to the extent to which alcohol use in B.C. and Canada complies with guidelines for low-risk drinking. The bulletin found that while 73 per cent of all reported alcohol consumption was in excess of Canadian low risk drinking guidelines, the CAS still greatly underestimated alcohol consumption.

The risks that accompany heavy drinking are either short term or long term. Short-term risks are the more obvious, from tripping and falling to violent fights and car crashes. Less obvious may be the dangers of alcohol poisoning, or the long-term health risks resulting from steady, long-term use of the toxic substance.

"There are 60 ways alcohol can kill you," said Stockwell. "With regular consumption, you might not be getting drunk but you're still rotting your organs and increasing the risk of cancer."

Over 90 per cent of the alcohol consumption reported by males aged 15 to 24 years was consumed in excess of Canadian guidelines and over 85 per cent of that consumed by young females exceeded the guidelines.

For this age group, says Stockwell, the short-term risks are of more concern: The risk of suicide, violence, and the risk young people who drink need to be most aware of—overdosing.

"When you're having a party, give some thought in advance to safety. Look out for your friends, make sure they're OK, and make sure they don't lose consciousness from drinking, because that can actually be life threatening."

Part of the purpose of the bulletin is to inform the debate over regulation. The question isn't about prohibition or a laissez faire free-for-all, says Stockwell, but rather about the thousands of different regulations, from taxation to availability, that make up government policy on alcohol.

"What's the right level of regulation to tolerate and respect?" asked Stockwell. "This is a major issue we need to look at. To put it out here for discussion and debate, this is something we need to take seriously."

Scott Macdonald, the assistant director of research at CARBC, points out that while alcohol consumption is a fairly universal reality, drinking habits can vary considerably from country to country. In some European countries, teens will often have a little bit of alcohol with their meals at home.

"In our society, drinking is a kind of rite of passage into adulthood," said Macdonald. "Younger people experiment with alcohol—they don't know what it's like to get drunk."

The idea that it is healthy to drink a glass of red wine a day can be taken out of context. Any benefits to drinking alcohol accrue equally, says Stockwell, adding they don't just apply to red wine.

"The trick is to drink a little sometimes, not any more than that, or else all the risks rapidly swamp the benefits of elevated drinking habits," said Stockwell.

"Safe drinking means avoiding excess in either way."

Special General Meeting

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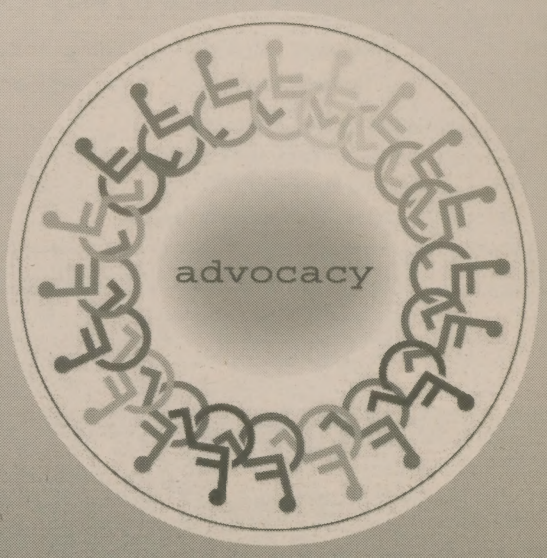

Conservatives aim to shoot down gun registry

by Bryna Hallam

A surge in shootings and firearm homicides in urban centres such as Toronto and Vancouver has made firearm violence a key election issue.

All of the major parties have addressed the topic, but of most concern to Wendy Cukier, president of the Coalition for Gun Control and a professor of Justice Studies at Ryerson University, is the Conservative Party's proposal to repeal the firearm registry and other related legislation.

The party has stated that it would replace the current laws with an unspecified "practical firearms control system."

Cukier believes that most voters are unaware that the Conservatives plan to scrap not only the registry but also the other programs in place for gun control.

"They are dismantling the entire system," she said.

The registry has been often criticized since it was implemented 10 years ago. It was initially estimated that the program would cost $119 million and bring in $117 million in registration fees, leaving taxpayers to pay only $2 million.

But a preliminary audit in December 2002 by the Auditor General revealed that the Department of Justice estimated the program would cost more than $1 billion and collect $140 million in fees by 2004–05.

ANTHONY FRATTAROLI GRAPHIC

According to Cukier, most of the money spent on firearm control goes towards screening and licensing, not registry. And as the majority of guns are registered, the cost of the program will go down.

Despite the increase in handgun violence in Toronto and Vancouver last year, Cukier said, "overall gun deaths have decreased quite dramatically." According to Statistics Canada, total firearm deaths—including homicides, suicides and accidental deaths—in Canada numbered 816 in 2002, down from 1,444 in 1991.

There were 52 firearm homicides in Toronto in 2005, up from 27 in 2004. Last year also had the greatest number of firearm murders in 15 years, but according to statistics from the Toronto Police Department, the rate of 2.0 firearm homicides per 100,000 citizens was comparable to 1991 (1.7) and slightly above 2001 (1.2).

In Vancouver there was also a record number of firearm related deaths and crimes in 2005. The Vancouver police confiscated 150 firearms in 2002. They seized more than 200 firearms in 2005. Police say the majority of illegal guns in Vancouver are smuggled in from the U.S.

Toronto police, on the other hand, estimate that 50 per cent of illegal firearms were stolen from their owners, while the other 50 per cent come over the border from the U.S.

Across Canada, the firearms recovered tend to reflect the firearms in circulation. Rifles and shotguns are the firearms most often used in the murders of women, in suicides and accidents because they are the firearms most often in the home.

Handguns are the firearms used most often in gang homicides in Toronto and other urban centres. All 52 murders in Toronto this year are believed to have been with handguns.

The Liberals have proposed a ban on handguns as part of their campaign. The ban would exempt target shooters, who would need to be certified as such. Prime Minister Paul Martin said provinces would be able to opt out of the proposal.

Alberta premier Ralph Klein has said his province would not participate, while B.C. premier Gordon Campbell has asked for more details.

"I would like to see an examination of the minimum sentences for possession of a handgun," said Deputy Chief Doug LePard of the Vancouver Police Department's Investigation Division.

He believes fighting the proliferation of handguns in circulation and resulting violence has to be approached with more than one method.

According to the VPD, the issues that need to be addressed are minimum sentences for the illegal possession of handguns, and the enforcement of firearm laws.

THE PLATFORMS

Conservatives
- Repeal the gun registry legislation.
- Work with the provinces on gun control programs to keep firearms out of the hands of criminals.
- Mandatory minimum sentences for the criminal use of firearms.

Green
- Eliminate registration fees with the national firearms registry for firearms designed specifically for hunting.
- Strengthen measures to combat smuggling and possession of banned weapons.

Liberals
- Ban handguns.
- Continue funding, but cap allocations to gun registry.
- Raise mandatory minimum sentences for crimes involving firearms.

NDP
- A four-year minimum sentence for illegal possession and sale of restricted weapons.
- Stop illegal importation of firearms from the U.S. with a four-year minimum sentence for importing illegal firearms and tougher border controls.
- Young offenders 16 and over charged with gun offences tried as adults.

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Martin promises students $3,000 each in tuition relief

by Erika Meere
CUP Québec Bureau Chief

MONTREAL (CUP) — At an election campaign stop on Jan. 5, Liberal leader Paul Martin pledged billions of dollars in tuition assistance if re-elected prime minister, but critics say the plan does not address the problem of rapidly rising tuition in Canada.

Speaking at the University of Waterloo, Martin unveiled a new system of grants that would pay for half of students' tuition in their first and last years of university, to a maximum of $3,000 per year.

"Reducing the cost of tuition for Canadian families, and improving Canadians' access to skills training and employment opportunities is about ensuring that all Canadians—and their families—can prosper in the global economy," Martin said in a press release.

The grants would be available through the current Canada Student Loan Program, and are available to every student in Canada who begins their first degree program in the 2007-2008 school year. The program is expected to cost $2 billion over five years.

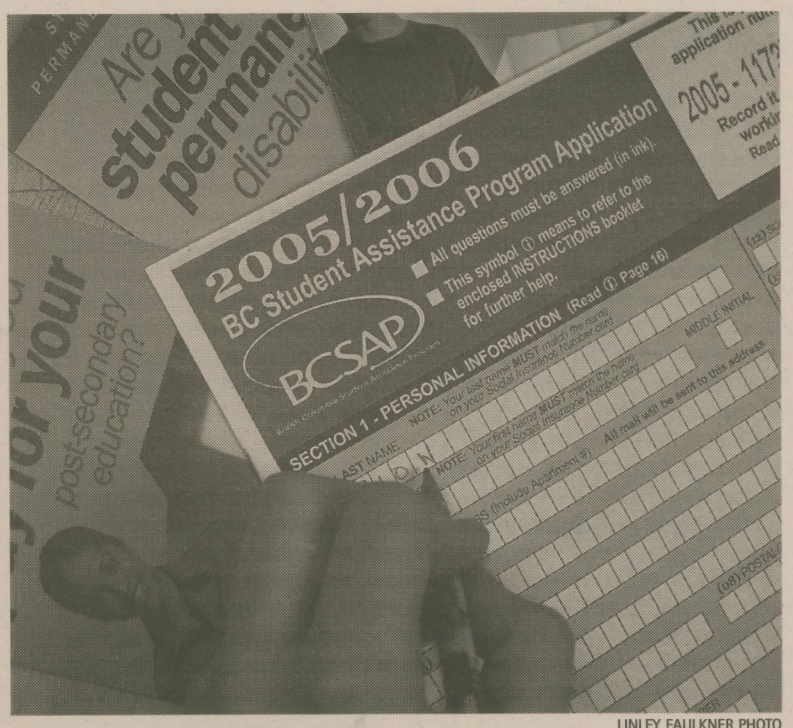
In the case of Quebec students, who are subject to their province's own system of grants and loans, Martin said "full financial compensation" to the Quebec government would be provided as part of the program's budget.

George Soule, the National Chairperson of the Canadian Federation of Students, says Martin's plan does nothing to address the funding shortfall that has led governments and post-secondary institutions to triple their tuition fees since the 1990-1991 school year.

"In the absence of a plan to regulate tuition, this plan is incomplete," said Soule, explaining that, as tuition fees continue to rise, the effectiveness of a $3,000 grant will be diminished.

He adds that a $3,000 grant is not sufficient to cover half the tuition of students in provinces such as Nova Scotia, where the average tuition is $6,281 this year.

James Turk, Executive Director of the Canadian Association of University Teachers, says he was pleased that the Liberals have made post-secondary education a priority during this campaign, but points out that Martin himself is largely responsible for recent tuition fees increases in Canada.



LINLEY FAULKNER PHOTO

Paul Martin claims if re-elected he will help students reduce their debt-load—a promise made and broken during his 2004 campaign.

"The problem [of high tuition fees] was created when Paul Martin, as Finance Minister, cut billions of dollars from post-secondary education," he said.

Paul Martin was Finance Minister between 1993 and 2001. In 1996, he created the Canadian Health and Social Transfer (CHST), which lumped together money for education, health care and social assistance into one payment to the provinces. This fund was cut by $7.4 million between 1995-1996 and 1999-2000, according to the Canadian Council on Social Development.

Both Soule and Turk called on the Liberals to re-invest $4 billion into education in the form of a dedicated transfer payment for post-secondary education that could be used both for tuition relief and for funding post-secondary institutions. Martin pledged this fund during the 2004 election campaign at a televised meeting with students in Newfoundland, but has yet to follow through on the promise.

Representatives of the Liberal Party did not respond to requests for an interview.

The same day Martin made his promise of tuition relief, he also announced plans to make employment insurance more accessible for those enrolled in apprenticeship programs, and a scholarship program that will allow 25 Canadians to study abroad and 50 international students to study in Canada. These initiatives are in addition to those included in the mini-budget released in November.

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Collaborative Research with Women in Vancouver's Downtown Eastside
Thursday January 19th | 10:30-12:30pm | Grad Student Bldg Rm 108
What are the lessons learned from the Health and Home research project which sought to highlight the voices of low-income women in Downtown Eastside Vancouver on the links between health and housing? Susan Boyd, associate professor in Studies in Policy & Practice and Senior Research Fellow at the Centre for Addictions Research-BC (CARBC), will discuss both the rewards and the challenges learned from her interviews with the community-based researchers and research assistants. Was collaboration realized? What are their recommendations for future collaborative research projects? (this workshop is co-sponsored by CARBC)
Transforming Community Practice
Wednesday January 25th | 1:30-3:30 | Harry Hickman Bldg Rm 110
Research, in the context of community practice, is complex and has to be considered very carefully. For the purposes of her doctorate, Jannit situated her own work with various marginalized communities as her research rather than creating a new structure with research as the primary focus. In her presentation Jannit Rabinovitch, a community practice researcher for the past 15 years, will talk about some of the ethical issues raised by community-based research in the context of the community work in which she has been engaged.

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Immigrants still waiting for degree upgrade initiatives

Parties lack clear plan to solve the problem, says Canadian immigrant

by Jessica Smith

Canadian politicians have a long history of being "all talk, no action" when it comes to helping new Canadians get their foreign degrees recognized in Canada, according to Vietnam native Viet Tran.

"We've been talking about it for years," said Tran, who founded the Victoria Immigrant and Refugee Centre and has worked there since 1989, helping immigrants find work and adjust to life in Canada. "We're talking and talking, a lot of research and so on, and no action."

On the federal election campaign trail during the first week of January, Prime Minister Paul Martin and Conservative Party leader Stephen Harper agreed that Canada fails to utilize the education, skills and experience immigrants bring to the country, and both reiterated their commitment to solving the problem. Neither, however, proposed any new or concrete solutions.

"The biggest barrier to new Canadians is the frequent failure of Canada to recognize legitimate foreign credentials," said Harper on Jan. 4. The Conservative leader proposed creating a Canadian Agency for Assessment and Recognition of Credentials that would research the problem and foster communication between the provinces and professional associations.

His plan is strikingly similar to the Liberals' $2 billion Human Resources and Skills Development Canada Internationally Trained Workers Initiative, which the party unveiled in November.

Critics of both initiatives point out that the biggest barrier to solving the accreditation problem is that the accreditation of degrees falls under provincial, rather than federal jurisdiction, and is controlled by more than 400 regulatory bodies and professional associations.

Tran explains that most employers and professional associations don't value or recognize the education and skills new Canadians have acquired in other countries, so many highly skilled immigrants end up working in menial jobs outside of their chosen fields. "A lot of people—doctors, lawyers, engineers, even computer programmers—they have to scrub the toilet, drive a taxi," he said.

Tran says despite all the talk from politicians, what is rarely heard about is the day-to-day effect the accreditation problem has on marginalized immigrants.

"They're suffering mentally, they feel bitter, they feel frustrated, they've got anger, they feel they've lost their career and themselves totally," he said. "Let's say you come from somewhere, let's say you were somebody, then you come, and the next day you become nobody. It's very hard."

Tran, who first arrived in Canada in 1987, has a personal understanding of Canada's lack of accreditation policy.

"I was a lawyer by trade in Vietnam," he said. "When I came to Canada I talked to my wife. I said, 'What can I do over here? All of my life I take a pen and do something, and right now, I don't know what.'"

Tran believes real change will happen, but only when labour shortages reach such a critical point that politicians are forced to take action.

A Royal Bank of Canada (RBC) Economics report released in October suggests that Canada has reached that critical point, and calls for "concrete policy actions" from government.

"Immigration has historically been critical to Canada's growth, yet it has seldom been as important as it is today," RBC CEO Gordon Nixon told Toronto's business community at the 10th International Metropolis Conference in October.

The RBC economists who authored the report put a $13 billion price tag on keeping new Canadians from being "fully employed at [their] level of education, earning equal pay to someone born in Canada."

It "represents a direct hit to our economy," Nixon said. Nixon believes Canadian businesses are heading towards a "global war for talent" with other industrialized nations facing similar labour shortages. He says our success at attracting educated immigrants and integrating them into the workforce will make or break the economic stability our social agenda is based upon.

Some change is happening, especially in universities. UVic Associate Vice-President Academic & Student Affairs Jim Anglin said UVic is "very happy to do foreign upgrading wherever it's appropriate and can work," and cites the law school as a good example.

UVic accepts a few students with foreign degrees every year who have applied with the help of the National Committee on Accreditation.

The Committee is an initiative of the Federation of Law Societies that evaluates foreign experience and education to determine what tests and supplementary education new Canadians will need to have their foreign-earned degrees accredited by Canadian law schools.

Some Ontario universities have also started to offer programs tailored to foreign-trained nurses, midwives, optometrists, teachers, and pharmacists, and the Liberal HRSDC program is currently developing accreditation programs for foreign-trained doctors and engineers.

"There is hope, but right now, I tell you, a long time we have been talking about changes," said Tran. "We have been taking the top cream from the other countries and bring them to Canada and we waste them."

PROVIDED PHOTOS

Paul Martin, left, and Stephen Harper agree that Canada has failed to utilize the skills immigrants arrive here with, but neither has anything new to say about how to fix the problem.

Discover Neuroscience in Calgary

The **Department of Neuroscience** at the University of Calgary is holding a National Competition to identify students to visit with group members and prospective graduate supervisors. Hurry - the competition closes ***January 30, 2006***.

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http://www.acs.ucalgary.ca/~neuro/recruit.html

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Elections to the Board of Governors
TWO STUDENTS (1 year term)

For more information about Senate and the Board of Governors please visit the University Secretary's web site at:
http://web.uvic.ca/univsec/elections/nominations.htm

Nominations Close Friday, February 3, 2006

Nomination papers must be signed by no fewer than three students eligible to vote, other than the candidate, and by the candidate. Nomination forms are available in Room 410, Business & Economics Building, or from the Student Resource Centre, Room 103, in the Student Union Building on or after January 6, 2006.

A nomination paper is not valid unless it is received in Room 410, Business & Economics Building, University of Victoria, not later than 4:30 p.m., Friday, February 3, 2006.

Important notice – all voting for students to the Senate and the Board of Governors will be processed via the web-vote system. Paper ballots will not be used for this election.

Julia Eastman
University Secretary

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Canada could learn equalization lessons from European Union

by Micah Luxen

Equalization payments ensure that every Canadian receives the same quality of social services across the country, but not all Canadians appreciate the benefits.

"I think it's unfair that we have to pay so much," said Amanda Nelson, a fine art framer in Calgary, Alberta. "Alberta has an advantage because of our oil, but I don't see why we should be taken advantage of just because we are so successful."

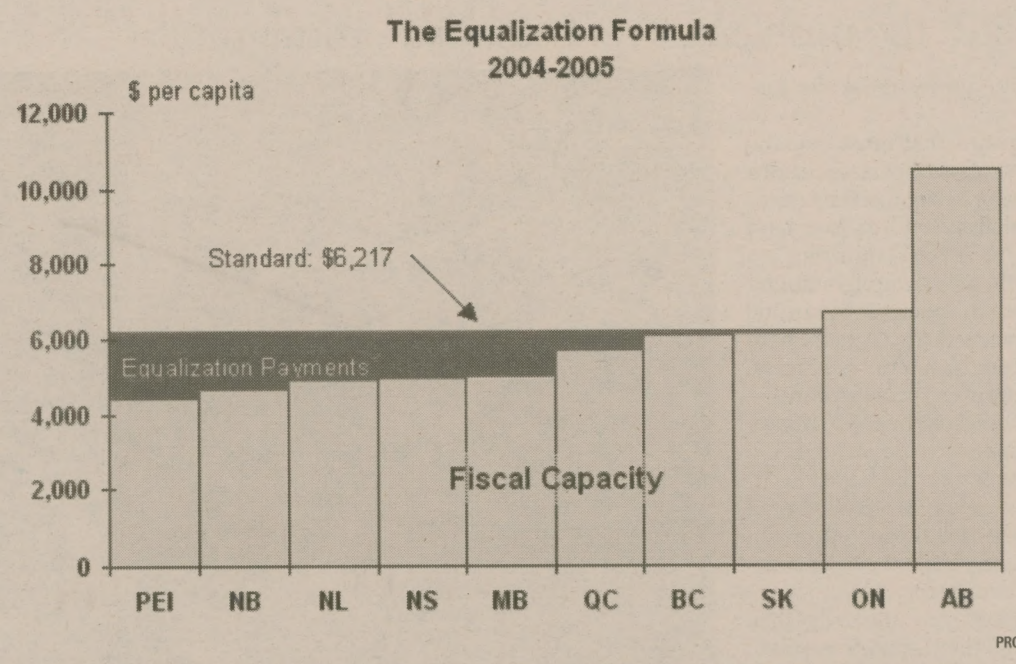
Nelson's sentiments somewhat reflect those of her Premier, Ralph Klein, who has long railed against Ottawa to keep Alberta's oil revenues from reaching federal coffers. Klein toured Canada last fall on a campaign to remind other provinces to be thankful for the payments they do receive from Alberta, and to keep their hands off the province's slick of oil money.

"I'm reminding [the provinces] to look at the big picture, at what we contribute to the Confederation," said Klein of his tour in September, adding that billions of Alberta tax dollars are already distributed across the country through equalization payments.

In 2004-05, the federal Liberal government guaranteed that each province would have at least $6,126 per person available to provide services, through equalization. Every year, the provinces' capital is compared to the national standard, calculated by averaging the tax revenue from five middle-income provinces: Quebec, Ontario, Saskatchewan, Manitoba and British Columbia.

Any province whose tax revenue falls below the national standard is awarded the equalization payments.

With the upcoming federal election, party leaders are pointing out the inadequacies in the system. On Dec. 19, during the English debate in Vancouver, Conservative leader Stephen Harper said, "We have to face the fact that Ottawa is rolling in tens of billions of dollars in surpluses. . . . At the same time, provinces and municipalities are having trouble meeting essential and core services without going into debt."



PROVIDED GRAPHIC

As this graph shows, Ontario and Alberta have access to more than $6,217 per person in revenue. The other provinces do not have as much revenue, and receive equalization payments to make up for it.

Provincial debt has been a public complaint since the mid-1990s, when the Liberal government cut health and social transfers in an attempt to balance the budget. Outrage grew as the Liberals then ran a $63-billion budget surplus over the next eight consecutive years.

During the December debate, Liberal leader Paul Martin contended the surplus was used to pay down the national debt, and that he made a deal to send the provinces $41 billion for health care and more for equalization compensations.

"The argument would probably be that if your taxpayers weren't paying money to the Federal government . . . you could make those taxpayers happier by letting them keep more of their money," explained UVic political scientist Dr. James Lawson of citizens' frustrations with Canada's current equalization policy. "Because it's federal tax money, the [provinces] have moral sway, but ultimately it's not for them to say how the federal government taxes and how the federal government uses their tax money."

The European Union (EU) runs an equalization program similar to Canada's, with money transferring from Europe's developed regions to its disadvantaged ones. From 2000-2006, the nation-members of the EU allocated 213 billion Euros (over $300 billion CAD) to promote growth within developing regions.

While both Canada and the EU struggle and gain from equalization, their motives for distributing the wealth are quite different. While European countries have a deep commitment to principles of the social welfare state, the EU is also a foundation of post-war peace.

"In Canada, we haven't faced the alternatives that the EU has faced," said Lawson. "The EU comes out of an experience of the member states actually having horrible wars with each other, so the deep political logic is that 'we need peace and union.' The foundations of the EU are not just economic . . . if the alternative is 30 million dead."

In Canada, there is little threat of one region invading another; our logic for equalization flows out of the experiences of a deeply regionalized country.

"No one has their grandparents telling stories about how horrible it was before Canada and equalization existed... [Equalization] is a sense fostered, under one Liberal government after another, that it is important for the federal state to equalize conditions for Canadians across the country," said Lawson.

In the EU, regions where the gross domestic product per capita is less than 75 per cent of the EU standard receive aid, as well as those regions in economic difficulty or in areas of high unemployment.

"The net-payers have always had many advantages with EU integration . . . to make less developed countries stronger, [you] can improve your own situation," said political science professor Dr. Ingeborg Tömmel, who is visiting UVic from the University of Osnabrueck, Germany, and doing a research project on the EU. "For example, if Southern Italy or Greece are industrializing, they must buy the machines from somewhere, so it is an advantage to help them develop their economy to increase the demand for German export products."

Many of the developing states of Eastern Europe would not have been able to integrate into the single market in the EU without assistance, having to compete with stronger, more established economies.

Tömmel also believes transfer payments create "a certain degree of stability" in Europe.

Of course there are times when the richer countries would prefer not to pay, either when the economy calls for a government to invest in their own nation or when the benefits are not so clear.

"Due to Britain's extreme nationalism, the majority of British feel that they shouldn't be a part of the European Union as they do not gain from it . . . . They joined it because they did not want the Europeans to become stronger than Britain by banding together and shutting them out," said Damien Martin, a nautical student at the University of Plymouth, England.

Tömmel argues there is a gap between political elites and normal citizens, who do not understand the advantages of transfer payments.

"It's hard to know if you're bringing stability to these countries or if it will destabilize the whole EU, but I'm optimistic," she said.

="All our countries are small, and I know if we work together we are stronger and we make more progress than if everyone were on their own. . . . Not to pay it is not an option—that would be to reject the integration of the whole EU."

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An Information Session for returning UVic students will be held:
Thursday, Jan. 12 at 4:30pm in DSB C114

MARTLET DOES . . . THE OKANAGAN

Okanagan offers trio of hills for boarders, skiiers

Want to ski this winter? Want to see some snow instead of rain? Head to the Okanagan! With three resorts (Silver Star in Vernon, Big White in Kelowna, and Crystal Mountain in Westbank) within an hour of each other, there's plenty to choose from.

by Bryna Hallam

How to get there

For the car-less, there are two options for getting to Kelowna: flying and busing.

Flights from Victoria take about an hour; from Vancouver it will take a few minutes less. Although flying from Vancouver means negotiating the ferry, there are more flights from there, and they are cheaper.

Both Air Canada and Westjet fly into and out of Kelowna.

The bus can be excruciating, since it turns a four to five hour drive into an six to twelve hour odyssey. However, it's relatively cheap with a student discount (show your UVic ID for 10 per cent off, or an ISIC card for a 25 per cent discount).

The overnight bus leaves Vancouver at 12:30 a.m. and gets into Kelowna at 7:10 a.m.—a good choice if you can sleep on buses and don't mind missing the scenery.

For those driving, be aware that the Coquihalla connector (Highway 97C) from Merritt to Kelowna is often foggy and slippery in the winter. Chains are a good idea, especially for driving to the hills themselves.

Where to stay

SameSun Backpacker Lodges have hostels in Kelowna, as well as at Silver Star and Big White. Dorm rooms range from $21.40 to $24.40, but beware of price jumps Feb. 16 to March 26—during peak holiday season.

SameSun also offers packages and deals on lift passes—definitely worth checking into.

Getting around

Without a car, you'll need to rely on Greyhound to get you from city to city. See www.greyhound.ca for schedule info.

Getting to the mountains from Kelowna or Vernon is easy thanks to the shuttle buses. There are even buses that run from mountain to mountain. See www.bigwhite.com and www.skisilverstar.com for details.

SameSun offers shuttle buses from town to Silver Star and Big White.

To get to Crystal Mountain, you will definitely need a car.

The hills

Crystal Mountain is located in Westbank, just south from Kelowna. Turn off Highway 97 at the Glenrosa exit in Westbank.

The exit is marked. The resort is another 10 kilometres along Glenrosa Road.

With 21 runs, Crystal Mountain is the smallest of the three mountains. However, what it lacks in size is made up for by the short lines and cheaper prices.

A day pass is $39 and rentals will run you $26 or $27.

See www.crystalresort.com.

Big White is 56 kilometres from Kelowna. To get there, follow Highway 33 for 32 kilometres until you reach Big White Road. Another 24 kilometres and you will arrive in the main village.

The resort boasts 118 runs and 15 lifts (though not all are currently open). With a vertical drop of over 775 metres and an overall skiable terrain of just under 2,800 acres (1,100 hectares), Big White is the second largest resort in B.C.

In addition to downhill and nordic skiing and snowboarding, the resort also offers tubing, snowshoeing and skating.

A full day of skiing costs $69 and rentals start at $37 per day. Multi-day discounts are available.

See www.bigwhite.com for info.

Silver Star offers nearly as much as Big White, with 112 runs and 11 lifts.

The mountain opened the new Silver Woods lift and terrain this season, adding 10 runs and five glades to the resort.

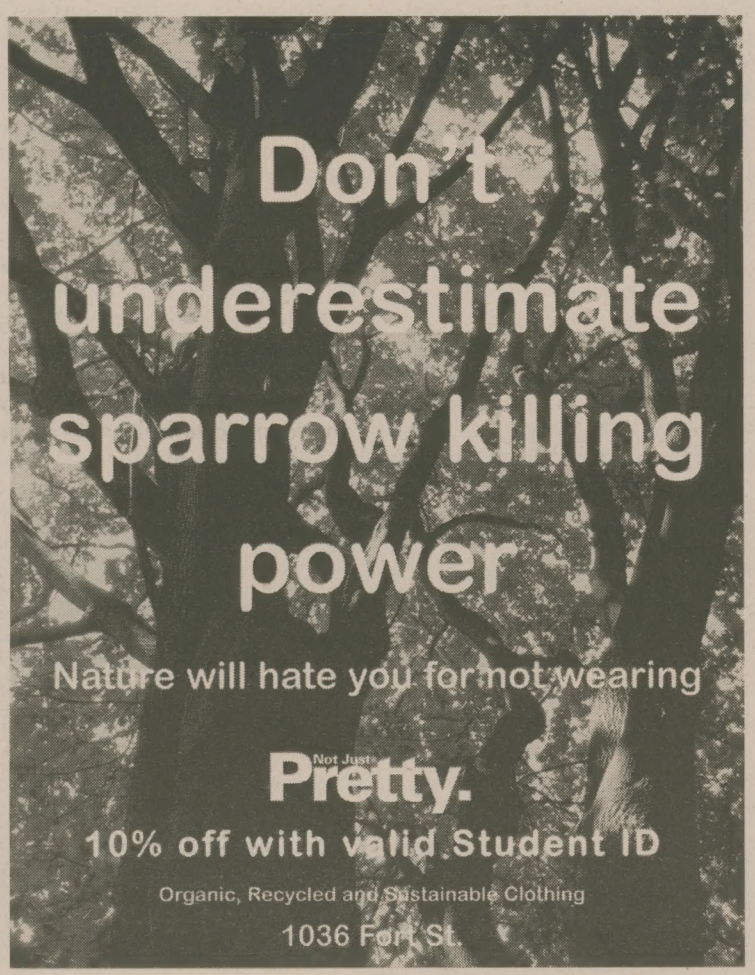
Like Big White, Silver Star also has tubing, skating and snowshoeing.

Silver Star and Big White had their busiest holiday season ever over Christmas, and poor conditions elsewhere suggest that numbers will continue to be high. What does this mean for you? The possibility of long lines to get on the lifts and crowded runs.

See www.skisilverstar.com for info.

PROVIDED PHOTO

Plenty of snow and sunshine make the Okanagan a great place to ski or snowboard.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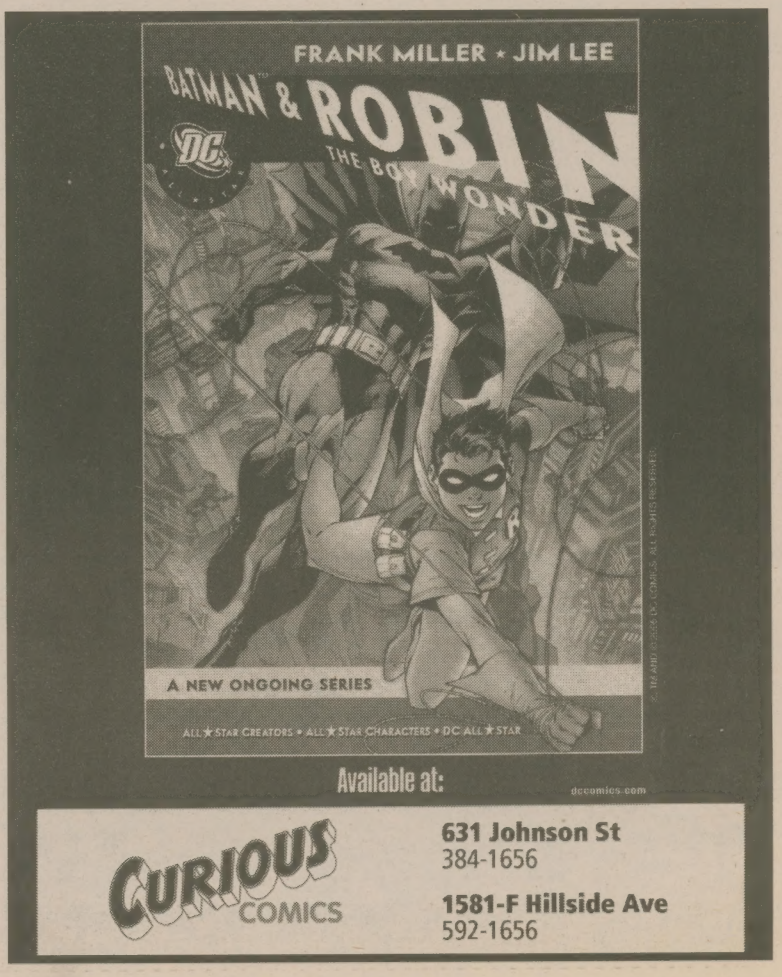

RECIPE | GNOCCHI

by Seth Cooper

I first tasted this dish while visiting family in Norway, although I don't think that it qualifies as Norweigan fare by anyone's standards.

The dish uses very inexpensive ingredients, yet it produces a highly presentable and palatable result.

This dish uses dried durum-wheat pasta gnocchi, rather than the potato variety.

The shell-shaped pasta cradles the cooked ham, ensuring full flavour with each taste.

Be sure to reserve the liquid from the jalapeno to add in the last step. This ingredient might seem out of place, but it adds wonderful flavour.

PROVIDED PHOTO

Don your chef hat, we're making gnocchi.

INGREDIENTS

3 tbsp. vegetable oil
3 cloves garlic, chopped
200 grams cooked ham. Explain to the deli staff that you'd like it cut 1/4" thick. Cut the ham into 1/4" cubes.
500 grams dried gnocchi
Large bunch of broccoli, split into bite-sized stalks, stems trimmed
1 cup shredded white cheese (mozzarella, edam, or havarti)
1 cup crème fraiche (substitute sour cream if necessary)
1/2 tsp. red pepper flakes (optional)
1 small tin pickled, sliced jalapenos. Remove a couple of the slices and mince. Drain the can, reserving the liquid.

INSTRUCTIONS

1. Heat the oil in a non-stick pan over medium heat. Add diced ham and cook, stirring constantly, for 4–5 minutes. Add garlic and continue cooking until ham begins to brown and develop a crust. Be careful not to scorch the garlic. Remove from heat and set aside.

2. Bring a large pot of water to a rolling boil. Add gnocchi and cook according to directions. In the last 4 minutes of cooking, add the broccoli to the same water.

3. Drain the pasta and broccoli, DO NOT RINSE, and return them to the pot. Add the cooked ham and stir briefly.

4. Add the shredded cheese and stir briefly, allowing the cheese to melt slightly.

5. Add crème fraiche and stir.

6. Add minced jalapenos, 2 tbsp. jalapeno liquid, and stir until mixed

7. Season with red pepper flakes and black pepper and serve.

COLUMN | ACCESS UVIC!

Is advocacy still needed today?

by Rose Mariana Robb

It's been a thrill and a privilege to lead Access UVic! as we've organized our constituency, established an open, friendly and busy office, and, thanks to a stunning show of support from fellow students, secured stable funding. Thank you again to UVSS members for every single one of the 80 per cent YES votes in last year's referendum.

I'm delighted to be the first director of the new disability advocacy centre and I look forward to exploring many aspects of the disability experience and the politics of advocacy.

Some question whether advocacy is necessary today. A senior UVic administrator (now retired) once told me there was no need, in her view, for organized advocacy. In fact, she gently let me know I was making a joke of myself on campus.

In the past, disabled people had to organize to bring our issues to public attention and win support for our equal participation in society. "Nothing About Us Without Us" is one of the rallying cries of the disability rights movement. But nothing is being done without us now. That day is over. The prize is won. We're already inside the gate.

Could she have been right? Do we already have equal access to education?

Do disabled people already have the sympathy and good wishes of the academic community? Are our issues clearly recognized and addressed by a benevolent administration and kindly faculty? Do our non-disabled peers understand and respect our goals and aspirations? Nobody is ever mean to people with disabilities, are they?

Well, to answer bluntly, no, no, no, no, maybe and yes they are. The seeming acceptance and goodwill towards disabled people can be awfully superficial.

Working for Change
Diversity Means Disability Too!

Early in the New Year, Access UVic! will begin making arrangements to incorporate as an independent non-profit society and establish more control over decisions that affect us.

UVSS boards have a history of being a little overbearing from time to time and we've certainly had that experience this year.

The tendency of non-disabled people to overrule, interfere and make decisions for disabled people is both remarkable and remarkably constant. Well meaning, often, but often disastrous.

At Access UVic!, we believe that disabled people are the best interpreters of their own needs and aspirations, and that effective organizations of disabled people must be majority controlled by disabled people themselves.

Disabled students are the most recent group to gain entrance to post secondary educational institutions, following in the footsteps of women, low-income and Aboriginal students.

When the University of Victoria was designed 40 years ago, we weren't here. Our needs were not incorporated into the instructional or architectural design of this or any other Canadian university. It has taken 40 years for us to organize and speak with a strong united voice.

Stay tuned. We're inside the gate. And we're looking forward to making some changes around here!

Rose Mariana Robb is the director of Access UVic!

The Access UVic! office is located in the Student Union Building, room B102. They can be reached at 472-4389 or ssd@uvss.uvic.ca.

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STEVE JANUSZEWSKI PHOTO

OQOQO, located in downtown Victoria on Johnson Street, is just one local store that offers clothing made from organic and natural fibres.

Natural fibres sprout up in Victoria

Hemp, bamboo, soy and organic cotton clothing offer eco-friendly alternatives to shoppers

by Emilie Januszewski

Next time you're downtown and eager to find out what's new and hip, why not check out organic clothing?

Yes, that's right—eco- fibre has hit Victoria!

This newest trend in fashion, and even housewares, is alive and growing in the Garden City. Just walk down Johnson and you'll be surrounded by stores offering organic and natural fibre clothing that is ultra stylish.

These clothes are made from such exotic sounding things as hemp, soy, bamboo and organic cotton. Most are locally designed and made, and all are environmentally conscious.

The newest member of Victoria's growing natural fibre market is OQOQO, sister to the immensely popular lululemon athletica.

According to OQOQO, their store grew out of lululemon customers asking for their designers to find fabrics that were environmentally friendly, but that looked and felt great.

"An increasing number of designers are making the organic concept fashionable," said Jen Ziebart, store manager of OQOQO. "[This] heightens the awareness of natural clothing."

It seems everyone is interested in this new form of fashion. "We have customers of all ages who are active and fashion conscious, and also interested in helping the environment," said Pam Skelton, owner of Not Just Pretty Modern Clothing.

Granola Groovy, which sells house wares and gifts, is another store to offer eco-shoppers a place to spread their wings. Here you can find everything from hemp shower curtains to hemp and organic cotton bedding.

"Shopping 'eco' not only makes a statement about you as a person, and your politics and values, it also helps shape your community via your support of locally owned businesses," said Ian Cromack, co-owner of the Broad Street store.

While some of the items are a bit pricey, keep in mind that these are local products. Besides, how many people can say they own a soy tube top?

Also a factor in the price is the availability of the fabric. "There isn't a mass production due to a smaller market demand," said Ziebart. Nonetheless, OQOQO's prices are very similar to lululemon's.

Organic and natural clothing is, in a way, a response to the pesticides and practices that are rampant in the textile industry.

"With growing needs for a transformation in the textile industry, consumers are more educated about the benefits of using pesticide-free, eco-friendly fabrics," said Ziebart.

"Conventional cotton crops use one-quarter of all the insecticides worldwide," Skelton added. Eco-friendly clothing offers an alternative that "caters to the lifestyle needs of [the] active, involved and health conscious in Victoria."

So next time you're out shopping for you, or need a gift for that impossible-to-buy-for friend, be sure to check out these stores. The clothes are cool, stylish, modern and versatile.

"Natural clothing no longer needs to be shapeless, scratchy and full," said Skelton. "People can look good, and feel good about supporting a change to a healthier planet."

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Making cool art:

Young painter embodies B.C. spirit, lands a gig with the man and heads off to the big city. Courtney Tait explores the landscape of Gavin Lynch.

WHITE DOG BY GAVIN LYNCH / PROVIDED PHOTO

WHITE DOG BY GAVIN LYNCH / PROVIDED PHOTO

by Courtney Tait

Canada Day, 2004.

The first time I see Gavin Lynch his back is to the crowd. It's Folk Fest in Victoria, and local band Jets Overhead has invited the artist to join them in a performance on the main stage. Stars are still gathering in the night sky, the air just beginning to cool. Lynch stands in front of a four-foot canvas, equipped with his own set of instruments: acrylic paints, a paintbrush and a ruler. While the band plays, he paints, dragging streaks of color down the canvas with the ruler's edge. The music is moody, thick with electric guitar, keyboards, and lilting vocals that sweep the rhythm with harmony. Lynch is 25, tall, lean and seemingly absorbed by the coats of red and green, orange and white he layers onto the canvas. Patterns emerge and quickly change before him. The crowd watches.

Hours later I'm sitting on a couch in a second-floor suite on the corner of Pandora and Cook. A small party has formed, the kind of spontaneous gathering that occurs when the bars are closed but the night is unfinished. Victoria is a small city. I've heard Lynch's name mentioned in various bits of conversation in the last year, seen a landscape he painted (white sky, orange mountain) hanging on my friend Adam's wall. But we haven't met. So when everyone's sipping their last, the neighbours have knocked on the wall, the stereo replaced by two guys and their guitars and he shows up, I'm curious.

THE ARREST BY GAVIN LYNCH/ PROVIDED PHOTO

"Have you always painted?" I ask him. His hair is brown, styled to hang just slightly in his eyes.

"No," he says, voice soft. "I used to play hockey."

Lynch was born in Burns Lake, a small town in the Lakes District of central B.C. His parents took him and his older brother camping in the summers, and skating and sledding in the winters. Lynch started playing hockey at 10. He was a goalie and his older brother, Geoff, was a forward.

When Geoff was 16, he moved away so he could play for the Western Hockey League. Gavin kept tending goal, inspired by his brother's path.

"I was like, that's a pretty sweet way to get out of Burns Lake," he says.

The forest, lakes, and mountains surrounding Burns Lake instilled in Lynch an early passion for nature. But town life was less than idyllic.

"There's a big reserve. In the school, and in the community, there's a lot of racial tension. Every day after school there would be fights."

Lynch moved away at 15, traveling to assorted B.C. towns as a goaltender in the Kootenay International League and the B.C. League.

Art wasn't something he'd ever considered. "Art up there is either local and it's landscape or it's wildlife art ... there's a lot of duck decoys and bear rugs. I didn't know anything about it." But hockey was not his calling. He remembers a game in his first season away: the crowd was yelling obscenities; a man threw something at him.

"I was like, what are we doing? This is ridiculous, it's a big silly game." He quit playing at 18.

May, 2005.

The upstairs gallery at the McPherson Playhouse is hosting *Glamouflage*, Lynch's first solo exhibit, a collection of forty acrylic abstracts. I order a glass of red wine from the downstairs bar and sip it while I wander the room, which is carpeted in red and lit with bulbs hanging from long, white cords. The walls are gold, ceiling high. Colour radiates from the paintings: blue and green and deep, rust red. Thick streaks of white are blurred with orange, sliced across with threads of yellow. *Blueberry Snow. Pipeline Flurries. Speedfog.* Paint slides down the canvasses, weaves itself into patterns intricate and playful. *Flashfire. Mushaboom. Viennese Dream.*

Lynch stands apart from the display, watching, talking with friends. The crowd is mostly young, mid-twenties. His parents have come from Burns Lake. "My father wandered around the room twice, he wasn't sure what to make of it. They like my landscapes."

Lynch is right-handed. In April of 2004 he broke his right wrist in a skateboarding accident and the cast stayed on for five weeks. "I had no way of really painting," he says. Up to that point, his work consisted of landscapes and portraits. In five years of painting, he had attempted only two abstracts. "I was bummed out. I wanted to make happy pictures. I'd seen these abstract paintings by Gerhard Richter . . . they seemed as though they were painted for no other purpose than to explore a bunch of ways that paint looks cool." He began experimenting, using his left hand to splatter paint with the paintbrush, using a ruler to drag it down. Two months and 15 paintings later, he submitted a proposal to The McPherson under the title *The Broken Wrist Series*. It was accepted (he later changed the name to *Glamouflage*), making Lynch, at 26, one of the younger artists to exhibit at the Mac.

October, 2005.

I e-mail Lynch, who has recently moved to Vancouver's West End, requesting an interview. He replies the

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Food causes gas

Eating locally reduces petroleum use

by Ed Pullman

Over the years, I have read a myriad of articles in this newspaper commenting on the globalization issue and debate. Some have pointed out the inevitability of this contemporary phenomenon.

Globalization and free trade have led to specialization in particular fields, leading to a comparative advantage in trading.

This has lead to increased access to a variety of goods and services, including exotic foods, and increased economic interdependency, creating a strong incentive for peace and good relations with other countries.

Free trade allows us to focus on producing what we're good at making while benefiting from the fact that everyone is specializing. However, many contend that this system is not leading to the prosperity originally promised. The rich are getting richer; the poor are getting poorer.

OK, you've heard all these arguments before. The debate of the benefits and injustices of globalization is a long one.

However, there is one major factor in all this debate that never seems to get the proper amount of attention: the environmental implications of the transportation of all these goods.

The amount of oil and energy needed to transport all these goods and products is something that does not receive very much attention.

That reason appears obvious: "Well no shit, it doesn't get talked about because there is nothing we can do! What are you advocating, no purchasing products from overseas? Well, say goodbye to iPods, cellphones, watches, New Zealand apples, cheap plastic widgets and whatever else you take for granted!"

I reply that human agency is not impossible, only difficult. Most items we take for granted today are produced and transported from distant places. But we have a choice when it comes to food.

In contemporary society, food travels longer distances mainly because centralized systems of supermarkets have taken over local and regional markets. Food can be transported long distances to be packaged at a central depot and then sent back near where the food was produced in the first place to be sold.

The concept of considering the distance our food travels from its origins to our plates is nothing new. A group called SAFE released the Food Miles Report, which detailed the environmental and social implications of the distance our food was travelling.

Food Miles states that ingredients travel between 2,500 and 4,000 miles (approximately 4,000 to 6,500 kilometres) in the U.S. The average meal uses up to 17 times more petroleum products compared to an entirely local meal. Other initiatives were launched, such as the Food Facts Project, to study this concept further.

In June 2005, the idea of food miles received widespread media attention when two writers for the Tyee went on a "hundred-mile diet." The writers will eat only food from within a hundred-mile (160 kilometres) radius for one year and write about their experiences.

Obviously, living on such a diet is not without its difficulties. Economics of scale is what allows supermarkets to stock their shelves with a variety of goods at low prices, something lacking from local production.

A person attempting to eat only locally grown goods would certainly spend more money on their diet. In addition, they would also have much less variety in what they eat compared to what a major grocer can offer.

But our society's dependency on oil is something that needs to be scrutinized more carefully. Our reduction in its use in all aspects of our lives, from the car we drive to the food we eat, will make this world a more environmentally and politically stable place.

Unfair handgun ban

Legal gun owners take the heat for criminals

by Conor Whyte

The Liberal Party has proposed a handgun ban as part of a five-part strategy to reduce violence in Canadian communities. The ban would allow provinces and territories to make handguns illegal.

The other parts of the strategy involve toughening penalties for gun-related crimes, getting rid of re-licensing fees for long-gun owners, encouraging more intense prevention efforts in communities, and more investments in law enforcement agencies.

The proposed handgun ban goes nowhere to address the root problems of violence in the community. It simply makes law-abiding handgun owners—who have been on the short end of every poorly designed gun-control law in the last 20 years—feel like criminals.

Already existing laws make owning a legal handgun in Canada an incredibly difficult process—you must pass a firearms safety course by 80 per cent, have two passport photos taken, have three Canadian citizens vouch for your state of mind, and have the police do background and criminal records check on you.

If you have a history of domestic violence or violent criminal behavior, you are automatically denied a licence.

At this point, you have a Possession Acquisition Licence to take to a gun store. The gun store will register the firearm under your name. You then get temporary authorization to transport the gun to your home until you receive a long-term authorization to transport. With long-term authorization you can take your handgun to the shooting range, which is the only place you can legally shoot it.

While the gun is at your home or being transported to the approved range it must remain unloaded, trigger-locked, and in a locked case.

All told, the time necessary to purchase a legally registered handgun is approximately one year.

Legally registered handgun owners are not the problem here. And gun-nut stereotypes are simply untrue.

My gun club includes members from all sorts of ethnic and religious backgrounds, both men and women, and people with a variety of sexual orientations. Legal gun owners are your neighbours, friends and family members. Shooting is a challenge, and is a sport that doesn't discriminate. It's fun and safe.

While legal gun owners use their firearms for sport, this is not the case for other gun owners. According to the Vancouver Police Department, 94 per cent of the guns seized during 2002 were committed with weapons smuggled from the United States. Authorities report that illegal handguns come north of the border in trade for B.C. marijuana.

If Prime Minister Martin is serious about stopping gun violence, he should look at tackling organized crime and drug trade, at toughening our Swiss-cheese border, and at creating communities where violence is never the solution to problems.

Handguns are part of our hobby and a part of Canadian culture. Violence is not, and it has no part in our society.

Law-abiding gun owners aren't the people committing handgun crimes, so leave us out of it.

Semantics problematic for First Nations

Are Aboriginal people really 'peoples'?

by Angela Provost

To create awareness about human rights issues like this, Amnesty International has launched a musical compilation of John Lennon's solo work, including artists such as the Black Eyed Peas, Avril Lavigne and the Cure.

The organization hopes that incorporating music from well-known singers will inspire youth to be more politically active in the human rights arena. News about Amnesty's endeavor encourages me to take perspective on Canada's laws and policies.

One of the major battles Aboriginals are fighting at the international level is to gain recognition as "peoples."

Their battle rages over the political obfuscation of the word "peoples" and its interpretation. United Nations' member states, such as Canada, continue to mask their language by referring to Indigenous persons simply as people or groups.

On May 19, 1976 Canada signed and ratified international agreements including the International Covenant on Economic, Social and Cultural Rights (ICESR).

The exact wording of the ICESR states, "All peoples have the right to self-determination. By virtue of the right, they shall freely determine their political status and freely pursue their economic, social, and cultural development."

What exactly does that mean?

Since Aboriginals are not recognized as "peoples" they are not considered part of ICESR, so they do not have the right to self-determination, which would give them the right to self-governance and the complete control over their land and natural resources, without government interference.

Unfortunately, the right to be addressed as "peoples" pervades into many areas of international law.

It remains a debate of semantics.

"Tomorrow we take another [step], and another the day after that, to walk along the path to building a better life for the First Nations, Inuit and Métis Nation," said Prime Minister Paul Martin.

Don't you mean First Nations peoples, Inuit peoples, and Métis peoples, Mr. Prime Minister?

At the first ministers' meeting on Aboriginal issues in November, the federal government agreed to spend $5 billion on the economic and social needs of Canada's First Nations population.

This federal proposal will allocate funding for housing, economic development, education, and improvements on the government's accountability for money spent on Aboriginal people.

This financial initiative seems to be a step in the right direction to begin eradicating the predicaments experienced by Canada's indigenous population, but we're merely at the stage of witnessing policy implementation. Putting this policy into practice is yet to be seen.

The $5 billion allocated towards social and economic needs of Canada's indigenous people may even further disempower these peoples by not giving them the right to decide for themselves what they need.

If we cannot simply recognize Aboriginal peoples within our language, how can barriers to education, health, housing and finances be eliminated for them?

It is the power words can have through different mediums, such as music, that can create awareness of the semantic oppression that exists within state sanctioned international declarations on human rights.

As Yoko Ono said, "Music speaks the language of freedom, revolution and solidarity. Without that freedom—without music that is angry, joyful and necessary—we are nothing."

Symphony pays tribute to Soviet-era composer Shostakovich

Who: Victoria Symphony
When: Saturday, Jan. 14 @ 8 p.m.
Where: Royal Theatre, 805 Broughton
How much: $22 to $59

by Clarke Ries

Equally redistribute your worldly belongings and paint the town red, because on Jan. 14 the Victoria Symphony is paying tribute to Dmitry Shostakovich, known worldwide as one of the best composers to live under the Soviet regime.

The show will be led by Giuseppe Pietraroia, now in his third season as resident conductor at the Victoria Symphony. They'll be performing four pieces—two by Shostakovich, one by Mikhail Glinka, and one by Khatchaturian—all composed by Russians who brought something special to classical music.

"There's a lot of controversy regarding Shostakovich . . . some think he was a sellout," says Pietraroia.

Pravda, a publication provided for the people, about the people, and by the cronies of the Politburo, twice condemned Shostakovich's work for straying too far from Soviet values.

"Shostakovich was a modernist," explains Pietraroia. "He was arguably the first to write what we would now call neo-classical music. You can hear all the typical forms of classical music in what he wrote, but it remains very modern in sound."

Pietraroia doesn't think "sellout" is necessarily the right term for Shostakovich. "I think the music he managed to write was very sarcastic." When asked what was special about Shostakovich, Pietraroia says, "He figured out a way to please the government while writing music worthy of his talent."

And did he ever please the government. After one of *Pravda*'s denunciations, Shostakovich wrote his fifth symphony. "It was hailed as a rebirth, a return to the artistic values of Russia," says Pietraroia.

Pietraroia describes the four

PROVIDED PHOTO

Conductor Giuseppe Pietraroia

pieces the Victoria Symphony has prepared for Jan. 14 as "a blend of light and heavy pieces, as well as a selection not heard for some time from the Symphony."

"The Glinka, I thought, was a good choice because it's popular, and provides a sparkling beginning . . . we chose to not go entirely with Shostakovich to provide a bit of a mix. The Glinka and Khatchaturian are not widely performed, and provide a good complement to Shostakovich."

The Victoria Symphony had to make some tough choices about which Shostakovich pieces to play, but one was made considerably easier by a gifted piano soloist, Alain Lefèvre.

Lefèvre has won first prize at the Canadian Musical Competition nine times, as well as two Felix Awards for Best Classical Album of the Year and first prize in piano and chamber music at the Conservatoire National Supérieur de Musique de Paris. The list of his accomplishments is impressive, and he'll be showing Victoria why during Shostakovich's Concerto for Piano and Trumpet, which he will perform alongside the Symphony's principal trumpet, Larry Knopp.

This is the first time Pietraroia and Lefèvre have worked together, although the two met last season. Pietraroia describes the process of working with a solo artist as one of collaboration. "The artist will come to the rehearsal with an idea, the conductor comes with an idea, and I try to work my vision in with his. And then there's always a bit of give and take: if he wants the tempo quicker or slower, we adapt to that, because our job is to accompany and support."

The event takes place in Victoria's Royal Theatre, which, as with any space, has its quirks. "It's a very odd hall," says Pietraroia. "Depending on where you're sitting, the sound can change quite a bit. For example, on the first balcony it's a homogenous sound, but the lower level tends to lose some of the lower strings, especially the basses. Part of the reason is the proscenium arch . . . which forms a window around the stage during opera [and] tends to act as a barrier to the sound from instruments near the edge of the stage."

So, once you've overthrown the bourgeoisie, make your way down to the Royal Theatre on the Saturday, Jan. 14, and let Pietraroia, Lefèvre, and the Victoria Symphony show you how it's done.

Hey... want to write an arts story for the *Martlet*?
Cause, we'd be pretty okay with that.

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BOOK | MARGARET LAURENCE: THE MAKING OF A WRITER

Margaret Laurence: The Making of a Writer
By Donez Xiques
Dundern Press

by Cassidy Nunn

A journey through the life of Margaret Laurence, one of Canada's most well-known writers, should be an exciting one. The plodding trek biographer Donez Xiques takes us on, however, is a long and arduous one.

Xiques' recently published biography, *Margaret Laurence: The Making of a Writer*, is not lacking in research, quotes, photos or veracity. Quite simply, Xiques seems unable to breathe life into her words. Pair that with a narrative lacking flow, and the result is a tiring read.

That's not to say that Laurence led a dull life. With new findings about the famous author's youth, Xiques takes an in-depth look at Laurence's early years.

Born in Neepawa, Manitoba in 1926, Laurence had a passion for writing at a young age. Xiques uncovered some of Laurence's earliest poems and writings from her teen years, which were frequently submitted to magazines and contests for a chance at publication. While it's interesting to learn of Laurence's first ventures into writing, Xiques burdens the reader with far too many unnecessary quotes and details about each and every contest.

Having won a few contests, and now sure of her desire to become a writer, Laurence continued to pursue her passion throughout high school, college and after graduation. Xiques walks the reader at an agonizingly slow pace through her years as a journalist, her time spent abroad in England and Africa with her husband, Jack Laurence, nearly every writing project she embarked on, and, at last, the writing and publication of her many novels.

While conducting extensive research for her book, Xiques uncovered a short story by Laurence that had never been published before. "Mrs. Cathcart, In and Out of Purdah" is followed by two other short stories that have not been made widely available. These, if nothing else, are entirely worth reading, especially if you've enjoyed Laurence's other work.

Margaret Laurence enthusiasts and other daring literati won't be disappointed.

But all those not fit for the trek might want to think it over.

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BAND PROFILE | CHET

Hawaiian beauty, American doom

Passionate and hometown proud, local group Chet says indie rock means 'being poor'

by Jessica Smith

He can sing like the next American Idol, but Ryan Beattie's pop-friendly croon often bleeds into a melancholic wail.

"Sometimes pain is a beautiful thing [and] beauty is a painful thing," he says. "It's just a balance between the two."

Beattie is lead vocalist and songwriter for Chet, a local band with its own take on the Canadian combo of sweeping melodies and tortured vocals, exploring "light and dark, beauty and balance," says Beattie.

The inspiration for *Kau'ai*, Chet's second album, came from Beattie's fascination with the Hawaiian Islands.

"We found that the island of Kau'ai is a perfect example of light and dark, profound natural beauty, but, at the same time, doom and darkness . . . American culture—just like any other town that suffers from the strip mall," he says. "Kau'ai is just a metaphor that we thought of. It's an unexplainable obsession of mine."

Kau'ai offers up the sounds of organ, cello, electric guitar, and even a little ukulele. Like traditional Hawaiian music, the album favours "melodies that are joyous and melancholy at the same time," says Beattie.

Chet's live shows sound different than their albums—they often rework and rewrite songs to keep touring interesting, but the tenor of high emotion remains the same. "We try to be more passionate than technically proficient, if anything," says Beattie. "I guess that's sort of our motto, without actually having a motto."

Despite Beattie's admission that they "practice as scantily as possible," Chet has played live shows with some big names in indie rock.

"Modest Mouse I didn't really enjoy too much," Beattie says. "The Arcade Fire was fun because we were playing at the Commodore. But they were kind of distracted with the impending massive success they were experiencing. They were a little bit star-struck themselves."

With an emphasis on melody and minimalism, Chet's energy comes from emotional intensity rather than rocking out, so it's not hard to understand why Beattie and the band felt less comfortable sharing the stage with indie-rock powerhouse Modest Mouse than bands like Do Make Say Think, Low and The Great Lake Swimmers.

PROVIDED PHOTO

Ryan Beattie, left, loves Hawaii more than kittens love yarn.

"Not to say we're similar to those bands, but we do share a musical kinship," says Beattie. "There's a lot of mutual appreciation between bands in that scenario. Especially with The Great Lake Swimmers. They're really nice people."

Chet's emotional intensity might be off-putting for pop devotees and genre police, but its low-profile West Coast label, Hive Fidelity, makes it a quintessential indie band.

To Beattie, indie rock "means being poor," and the idea of "making it big like The Arcade Fire" makes him laugh.

"That's flattering I guess," he says. "I don't know if that's conceivable, really, but I'm poor already. I might as well be poor and play music and not have a job."

Beattie's enthusiasm notwithstanding, Chet is gaining an audience. The band's new album, *Kau'ai*, is being released in Europe on Label Man, it's planning a European tour, as well as a national tour this spring with local friends Run Chico Run, and it's working on a new album, T*he Fight Against Darkness*.

Even if Chet does make it big, it's unlikely the band will leave Victoria behind—Beattie is a big fan of the place he calls "the Republic of Vancouver Island."

"I think Victoria is on par with any major city," he says. "Not just per capita. If you compare Victoria to Toronto, you'd find just as many great bands. I'm obviously biased, but the quality of music here is amazing."

Chet plays Friday, Jan. 13 at Logan's Pub, with Tolan McNeil, David P. Smith, Pequod, Children Of Celebrities, Clay George, and Away, Ri'o! Doors at 8 p.m. Ticket prices TBA, but probably cheap. They'll also be playing Hermann's Jazz Club on Saturday, Jan. 28.

BOOK | MEMORIES OF MY MELANCHOLY WHORES

Memories of My Melancholy Whores
By Gabriel Garcia Marquez
Knopf Canada

by David Crow

On the eve of his ninetieth birthday, Marquez's unnamed protagonist decides to give himself the gift of a night with an adolescent virgin. Pursuing this task, he visits the brothel where he has, throughout the decades of his long, debauched life, spent a great deal of money and time, having purchased the services of no less than 514 prostitutes when he lost count at the age of 50.

However, the planned simplicity of the night is hampered by the arrival of love, which comfortably settles itself, for the first time ever, within the withered atria and ventricles of his nonagenarian heart. Memories then narrates the year to follow, during which the May-December romance further blooms, and, admittedly, walks a line just shy of being creepy.

This latest effort by Marquez lives in the same steamy bougainvillea-filled South American atmosphere as his other novels, and travels along the boulevards of Marquez's familiar theme of romantic-yet-tragic love.

It is over almost before it begins, barely surpassing one hundred pages in length, yet if taken for what it truly is, simply an extended short story, *Memories* is a beautiful and complete tale.

Certainly, the novella cannot be considered equal to the powerful *One Hundred Years of Solitude* or even to Marquez's other famous work, *Love in the Time of Cholera*, but the comparison itself was never intended, I'm sure.

Expect a succinct, poignant account of the frailty of age and love—nothing more—and you will be well pleased with the book.

Perhaps the publication of such a meagre novella means Marquez is saving his really good stuff for another Nobel-calibre effort. Or maybe, as he nears the age of eighty, this is all Marquez has left in the tank, and he is putting to paper his own dirty thoughts about the young, nubile girls he sees in the streets of his hometown of Mexico City.

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MOVIE | BROKEBACK MOUNTAIN

The passion of the hicks

Director Ang Lee finds universality in the story of star-crossed shepherds making out in the mountains

by Sacha Narine

She is 19 years old and about to be married. "Daddy, you need more furniture," says Alma Del Mar, Jr.

Ennis Del Mar grumbles and sits down on an old kitchen chair in a near-empty roadside trailer. "When you got nothing, you don't need nothing," he replies.

Tightly scripted, wonderfully acted, and shot with the stark simplicity of a Clint Eastwood film, Ang Lee's latest is one of the best films of 2005.

Who would have thought that two of the greatest Hollywood love stories of last year would be about a giant monkey and a couple of square-jawed cowpokes? But there you have it.

People call them "post-modern" love stories—films like *Lost in Translation*, *Solaris*, and *Brokeback Mountain*. In this case, "post-modern" just means "half new." The trappings are different, but the core is the same: people fall in love, want to love each other always, but something gets in the way. She is too young and he is too old. He is alive and she is dead. Ennis is afraid, and Jack doesn't understand.

In the summer of 1963, Jack Twist (Jake Gyllenhaal) and Ennis Del Mar (Heath Ledger) tend a few hundred sheep in Wyoming, on Brokeback Mountain. One of the men is to sleep up on the mountain, to watch the sheep, while the other stays in the camp. But one night they drink and laugh into the early morning. They fall asleep together, but are soon awake, fighting, then having sex.

We have seen men have sex on cable TV and in films from the '80s and '90s, but we have never seen Kennedy-era cowboys make love desperately and with trepidation. Ennis struggles at first—if this were a heterosexual love scene, we would think of rape. But he is merely ignorant. He can love men, but has been taught to fear homosexuality.

Brokeback Mountain spent years in development limbo. As the story goes, dozens of Hollywood actors turned down the roles of Jack and Ennis, afraid of how playing a queer cowboy might affect their chances of landing coveted leading-man roles. Leonardo DiCaprio reportedly turned the film down.

Ledger's turn as the laconic Ennis is initially frustrating, his voice so forced and quiet that we barely hear him. But soon his character takes shape, and Ledger's few startling outbursts are heartbreaking.

Jake Gyllenhaal has an easier time playing the warm-hearted Jack, who embraces his love for Ennis and hates that their occasional "fishing trips" lead nowhere. They could buy a ranch, work together, grow old and be in love. Although each man has a wife and children, it is fear, not responsibility, that keeps them apart. "You know I ain't a queer," says Ennis. In his mind, two men have no right to live together, no right to be in love.

PROVIDED PHOTO

Ledger, left, is considered a frontrunner for the Best Actor Oscar.

Every performance in *Brokeback Mountain* deserves mention. Michelle Williams plays Ennis's wife, Alma, with grace and fading naïveté; Anne Hathaway makes Jack's cowgirl, Lureen, aggressive and intelligent. (By the sound of her voice, we know that she knows.) *ER*'s Linda Cardellini and *Lost in Translation*'s Anna Faris are treasures in two smaller roles.

Alberta is the film's other main character, standing in for Wyoming. For the story to work as well as it does, we have to see the perfection that Ennis and Jack remember from their summer on Brokeback. Early scenes of the cowboys herding their flock through valleys and across rivers make the CGI vistas of *King Kong* and *The Chronicles of Narnia* seem lazy. It's all beautifully shot, and vitalized by original music from Gustavo Santaolalla and Marcelo Zarvos.

The pacing slips off track during a few later scenes, but the film's final moments are crushing—as perfectly executed as anything in Lee's *Crouching Tiger, Hidden Dragon* or *The Ice Storm*.

"Ang Lee and his repression!" jokes producer James Schamus on the DVD commentary for *Crouching Tiger*. A glance at the Taiwanese director's resume reveals a singular fixation. Looking at *Sense and Sensibility, Crouching Tiger, The Ice Storm*—and even *Hulk*—brings into focus Lee's theme of stifled emotion. Holding it all in never works out well for his characters. They fight, go mad, have disastrous affairs, denigrate true love, and die unfulfilled.

Here is Lee's most refined and moving argument. More Hemingway than Jane Austen, *Brokeback Mountain* is an essential and timeless cinematic love story.

Health & Wellness

These courses are open to UVic students and the general public. For more information, call 472-4747, or drop by our registration desk on the second floor, Continuing Studies building.

Lessons from the Past for Health Today: Our Bones Tell the Tales

Biological anthropologists study the human skeleton to investigate how disease, nutrition, injury, exercise and work affect the health of both ancient and modern people. Explore what these studies reveal about our life histories and what we can learn from the human skeleton about the health of individuals and populations.

Instructor: Brenda Clark, M.A.

Course Code: **HPHE179 2006S1 C01**
Date: **Wed., Feb. 8:** 6:30 to 9 pm
Fee: $42.80 (includes $2.80 GST)

Nutrition for Children and Teens

This course will review current societal trends toward being overweight and obesity, and the underlying causes. The concept of the eating-related *division of responsibility* will be taught. When this division is practiced, children are less likely to be influenced to eat by the media, peer pressure, feelings and emotions, and more able to listen to their body's physiological hunger and fullness cues.

Instructor: Carol Tickner, B.Sc., R.D.

Course Code: **HPHE178 2006S1 C01**
Date: **Thurs., Mar. 2:** 7 to 9:30 pm
Fee: $42.80 (includes $2.80 GST)

Growth Together: Creating Lasting Relationships

This series focuses on the skills and attitudes necessary for couples to create relationships that reflect mutual respect, satisfaction, opportunity for intimacy and personal growth. We explore these issues through short presentations, group and couples discussion and practical exercises. Co-sponsored with Interfaith Chaplain Services, UVic.

Instructor: Peter Ambery, M.Ed.

Course Code: **HPCE163 2006S1 C01**
Date: **Tues., Jan. 31 to Mar. 28 (no class March 14):** 7 to 9 pm, 8 sessions
Fee: $188 per couple, but please register individually (includes $12.30 GST)

Living Consciously: The Practice of Mindfulness

Have you noticed that life seems a little out of control lately, and your mind is constantly busy? Eastern philosophy teaches us that when the mind is quiet, body tensions and busy thoughts ease. This course is about practicing mindfulness to quiet the noise of our minds and become self-aware.

Instructors: Lana Marie Willie, B.A., M.A., R.C.C., and David Greenshields, M.A., C.Q.S.W., D.R.D.C.S., R.S.W., L.R.T.

Course Code: **HPCE181 2006S1 C01**
Date: **Tues., Jan. 31 and Feb. 7:** 6:30 to 9 pm, 2 sessions
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Integrative Medicine Update

Explore some of the diverse concerns of integrative medicine in this two-part series offered in partnership with the Association of Complementary Physicians of British Columbia.

Special rate for full series registration: $64.20 (includes $4.20 GST)

Full series registration code: HPHE170 2006S1 C00

Patents and Corporations: An Analysis of Their Role in the Local and Global Health Care System

Neither the patent nor the corporation is connected to social or environmental values, hence both tend to be routinely destructive to those values as a form of "collateral damage" in the pursuit of financial gain. Examples will be provided, primarily from medicine but also from other sectors, and some practical solutions that are gaining wide support will be offered.

Instructor: Warren Bell, M.D.

Course Code: **HPHE170 2006S1 C01**
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The Art of Healing: A Holistic Physician's Approach to Patient Care

Better understand what integrative or holistic medicine encompass. This presentation is intended as an introduction to some of the fundamental concepts of integrative medicine and it will involve experiential exercises including meditation and visualization, along with a discussion of barriers to healing—both internal and external—and how these might be overcome.

Instructor: Anita Tannis, B.A., M.D., C.C.F.P., A.B.H.M.

Course Code: **HPHE170 2006S1 C02**
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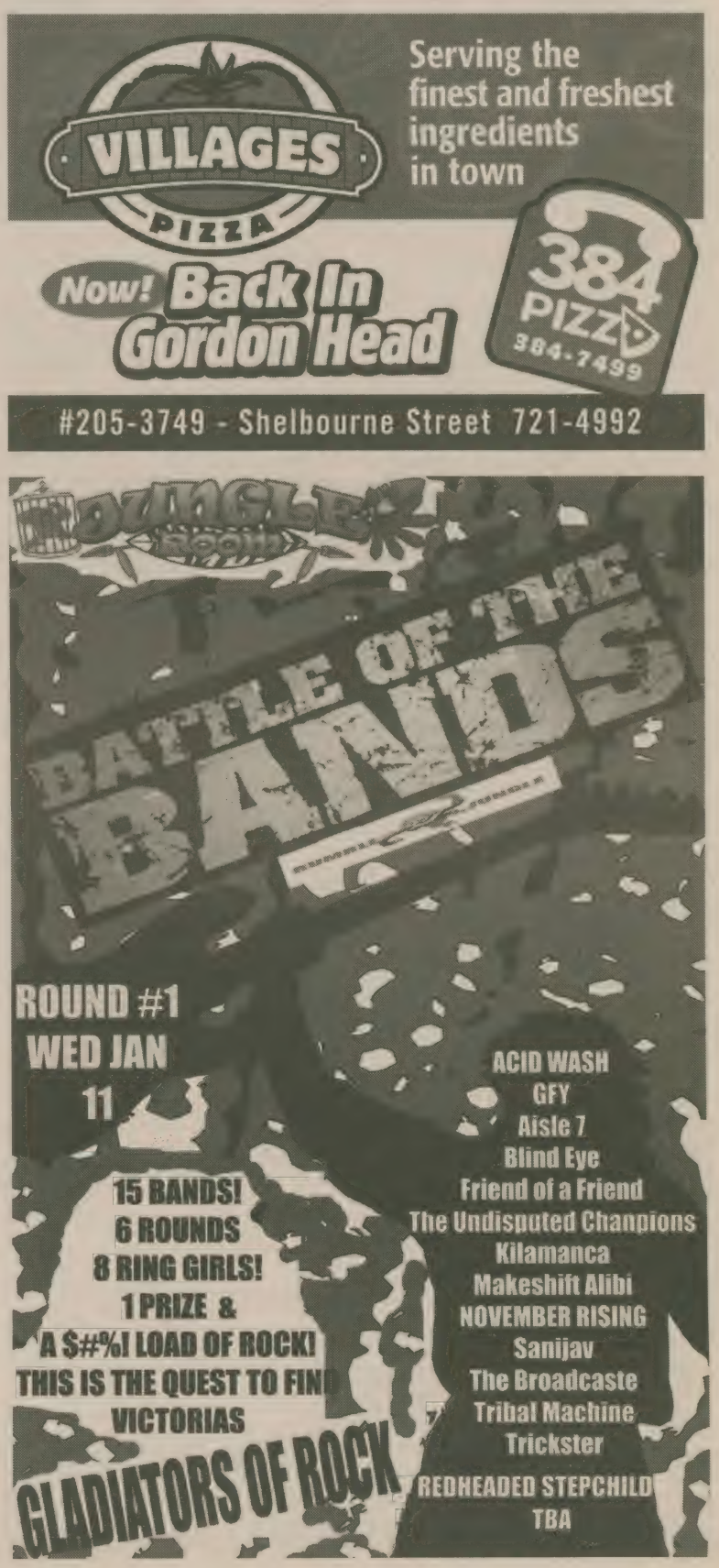


MOVIE | MUNICH

Spielberg's newest commonplace masterpiece

by Briony Smith

There are films, and there are movies, and Steven Spielberg makes the latter.

Munich, the latest installment in his series of "important" projects (see *The Color Purple*, *Schindler's List*, *Amistad*, and *Saving Private Ryan*) is classic Spielberg—it's vastly entertaining, but it ain't sayin' much.

Munich covers the hostage crisis of the 1972 Olympics, where Palestinian terrorists kidnapped 11 Israeli athletes; only two survived the ordeal. Then the movie finds its heart—Avner (Eric Bana), the beefy leader of a secret Israeli death squad (comprised of document-forger Hanns Zischler, arms-guy Daniel Craig, clean-up man Ciaran Hinds, and bomb-maker Matthieu Kassovitz) commissioned by Golda Meir (Lynn Cohen) to slay the 11 terrorists in charge of helping to plan the Munich kidnappings.

The story is compelling; after all, Spielberg is nothing if not a masterful storyteller. With *Munich*, he has assembled his own crack team of craftspeople at the top of their game. Janusz Kaminski's cinematography is top notch. Beautiful shots abound—a bullet resting in a pool of milk while blood blooms around it. A dead man sitting, at dawn, on a bench in front of a river.

Star Wars and *Indiana Jones* composer John Williams, usually a master of excess, is subtle and lovely here, with a stealthy drum beating like a heart underneath the stalking of the killers, strings screeching you tight into a fracas, and the coda of a traditional Hebrew song.

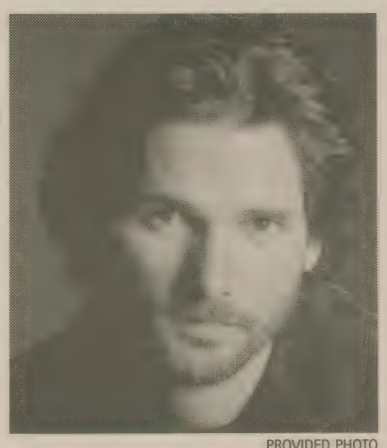
Production designer Rick Carter's settings are gorgeous; part of the thrill of the chase has to do with the crew's international jaunts, featuring a quaint farmer's market against the Eiffel Tower, a rain-soaked night in London, Rome's courtyard cafés, and a cute wee houseboat in Holland, among other gorgeous locales.

Played against this backdrop are several tremendous performances, particularly by Bana as the team leader with a heart of gold and a conscience just as heavy. He has to play tender, tormented, hard-ass, funny, and clever; he's in most of the scenes in this two-and-a-half hour acting exercise, and he aces it.

The supporting players, such as Geoffrey Rush playing a terse Moussad controller, Ciaran Hinds as the teddy bear of the group, and Matthieu Kassovitz's sensitive former bomb dismantler, are worthy of the movie around them.

But perhaps the strongest component of this skillful thriller is the story of Munich itself—surely the greatest MacGuffin in awhile.

A MacGuffin, according to thinkage.ca, is an "object—or less commonly a person or event—that lies at the center of many kinds of story. . . . And yet for all its apparent importance to the plot, its only real value is as an excuse for people to do things."



PROVIDED PHOTO

Eric Bana shot to fame in less-than-stellar Hollywood movies like *Troy* and *Hulk*.

Here, Munich and its aftermath aren't an excuse for characters within the movie to do things—they're an excuse for Spielberg. He wants his "film" to "say something" about the conflict in the Middle East, about the warring Israelis and Palestinians.

But he isn't saying anything, really. As we watch *Munich*, the overwhelming feeling isn't one of wanting to discuss the issues in the Middle East or the value of vengeance. The impression we get is Spielberg's underwhelming no-brainer maxim—*Violence bad; peace good*. This simple idea isn't rocket science, but at the end it's what we're left with, which isn't exactly a revelation justified by this lengthy, lavish movie, even filled as it is with various attempts at deep discussions of necessity, murder, family, et cetera.

Yet *Munich* is being hailed as a thought-provoking Spielberg masterpiece. And that isn't untrue; it's a very pleasing movie to watch.

But you won't leave the theatre with much to think about—just a commonplace idea you probably walked in with.

CDS | THE STROKES, THE DARKNESS

by Sacha Narine

The Strokes
First Impressions of Earth
Sony / RCA

The Strokes are *the* post-punk, indie-rock wankers to hate. Stewie Griffin mistakenly called them "The Streaks" while mocking college life on an episode of *Family Guy*.

Truthfully, *First Impressions of Earth*, the group's third disc, isn't begging for our adulation or critical vitriol. It's not hard to hate and not hard to love, depending on where you're coming from.

The group's 2001 disc, *Is This It?*, launched them into the spotlight, with New York critics hailing these new "saviours of rock" and imagining a Pink-Floyd-esque legacy of misunderstood, timeless rock and roll.

Not bloody likely.

First Impressions is a solid album, and the single "Juicebox," in heavy radio rotation, shows off some of the band's new tricks. Singer Julian Casablancas has expanded his range, selectively de-growled certain choruses, and shown some aptitude for traditional melodies.

There are classic sounds on *First Impressions*, but most are tempered by that lazy, art-rock Strokes sound we all know and love/hate. Plodding, uninteresting tunes like "Fear of Sleep" and "Killing Lies" do little to ease the pain, but the toe-tapping lightness of tracks like "On the Other Side" and "Electricityscape" are a welcome change.

Casablancas' lyrics remain juvenile, self-absorbed, and generally uninteresting. There isn't an album in existence with more maddening first-person statements in its liner notes (e.g. "I hate them all / I hate myself for hating them").

Is this it? Afraid so. A decent post-punk album from some talented rich kids—but if they'd bought into their own hype, it could have been a whole lot worse.

The Darkness
One Way Ticket to Hell...And Back
Atlantic

As if aping Queen and belting out falsetto choruses weren't enough, The Darkness have taken it a step further—and a step back—with *One Way Ticket to Hell...And Back*, the follow-up to their 2003 debut, *Permission to Land*.

The group blew minds with their raucous homage to (and parody of) '70s/'80s classic rock, hair metal and campy stage antics. Singer Justin Hawkins pops eardrums with a deadly upper register, while his little brother Dan tests our patience with epic guitar solos. Still, Permission to Land was an indisputable opus, a guilty pleasure that was as silly and parodic, or as straight-up rocktacular, as you wanted it to be.

Here, with *One Way Ticket*, the group hangs on to their Freddie Mercury inspiration, but adds a layer of Journey-esque overproduction and sweetness. Although nothing on *One Way Ticket* is quite as fun as *Permission*, hilarious tunes like "Bald," "Knockers," and "Dinner Lady Arms" manage to capture much of the humour and intensity we loved from the first album.

If nothing else, *One Way Ticket* sounds a hell of a lot more expensive than *Permission*, exemplified by snippets of piano, soaring violin, sitar, chorus vocals, and a general sheen that owes something to producer Roy Thomas Baker, best known for his work on Queen's "Bohemian Rhapsody."

Inevitably, the second effort from this so-called "novelty act" can't match the awesomeness of their debut, but *One Way Ticket* is still a guilty pleasure—a heap of indulgent, wickedly nostalgic cock-rock.

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University of Victoria Campus

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Running simultaneously during the evening, there will be a continuous series of free introductory dance lessons taught by Wanda Kivett, in the Michel Pujol room, also in the Student Union Building. These will be beginner level workshops covering dances like Waltz, Jive, Cha Cha, and Foxtrot. No partner is needed; all beginners, singles and couples, are welcome.

Please join us at 7:00 for the show, and then stay on for the intro workshops afterwards in the Michel Pujol room; OR come to the workshops first and stay around for the 9:15 showing of "Shall We Dance" (in Japanese, with English subtitles).

For more information on the UVic Ballroom Dance Club, please visit:

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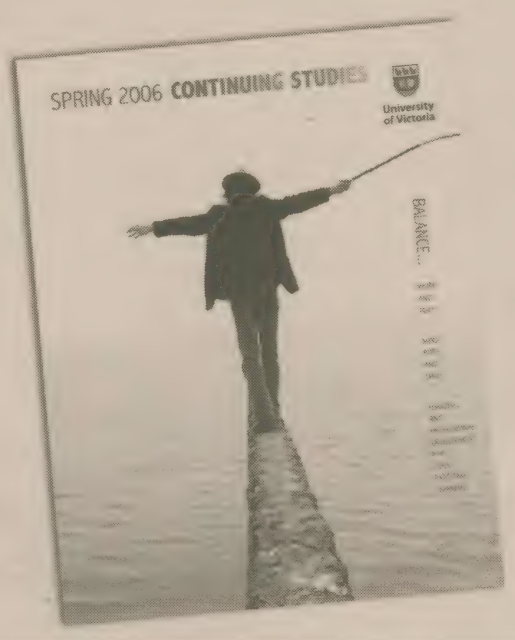

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Like breathing through a straw

Asthmatic athletes deal with tightened restrictions on the medication in puffers

by Stefan Currie-Roberts

For most active people, a quick jog won't leave them out of breath.

For Jordan Reems, the six-foot-three 23-year-old striker with the Vikes soccer team, a pre-game warm-up canmake his lungs feel like they're on the verge of collapse.

"It feels like I've already been running for an hour," said Reems. "My lungs feel half-dead before I even start playing."

Reems lives with exercise-induced asthma, a common ailment among high-performance athletes and one that's raising concerns in the sport community for the way it's treated.

The most common way to manage exercise-induced asthma is with a puffer. Prescribed by a doctor, a puff from the small canister of drugs is inhaled to prevent asthmatic effects like coughing, shortness of breath, or a tight feeling in the chest.

But according to Dr. Richard Backus, a sports medicine doctor who has treated elite athletes from Rowing Canada and Pacific Sport, puffers can pose a problem.

"You used to see a bunch of distance runners at the start of a race all just sucking on their puffers," he said.

Backus, with more than 25 years in the sports medicine practice, says this habit presents a serious problem because Ventolin, the most common chemical component in puffers, is essentially a performance-enhancing steroid. By inhaling Ventolin, athletes with minor, or no asthmatic symptoms gain a competitive advantage.

Backus says the situation came to a head after France and Norway placed pressure on the World Anti-Doping Agency (WADA) to reform the rules governing Ventolin use. In late 2004 WADA responded to the pressure and placed tighter restrictions on all asthma medications to ensure that only asthmatic athletes use Ventolin.

WADA banned asthma medications except where users had medical exemption, and increased pulmonary function testing to determine asthma in athletes.

While Ventolin puffers are necessary for athletes like Reems, allergist Dr. Kingsley Lee says that exercised-induced asthma isn't easy to diagnose.

In 2004, his first year at UVic, Reems says he began to show asthmatic symptoms and only after a pulmonary function test did he realize that his lung capacity was normal.

For an athlete, his capacity should have been much higher.

"There's no formal way to say that someone has asthma," said Lee. "It's a weird mixture of things that trigger an onslaught."

He mentions that there are many ways to test for asthma, like the pulmonary function test, but none guarantee that anyone has asthma. Even infections like viral bronchitis closely mimic the effects of asthma, leading to confusion over the proper diagnosis.

LINLEY FAULKNER PHOTO

Ventolin, the primary chemical in puffers, is a form of steriod.

While Lee admits that a non-asthmatic patient could take asthma medication as an advantage, he's never seen studies indicating that Ventolin gives a competitive edge, and is skeptical of tighter athletic regulations covering asthma medication.

"I think [WADA] should try breathing through a straw and running 15,000 metres. All you're doing with asthma medication is leveling the playing field, I don't think it would give a significant advantage."

Reems agrees, saying that while he could see Ventolin helping someone who didn't have asthma, he's never heard of anyone using it to gain a competitive edge. Still, like other asthmatic athletes, he has had to receive special status to use Ventolin, and even then it can still be difficult to compete. "It can be a mental battle some days, just wondering how much better you could be without asthma."

VIKES ScoreBoard

Swimmer nabs gold down-under

Vikes swimmer **Anne Schmuck** took gold in the Junior (17–18) Women's 200 metre backstroke in Melbourne, Australia this week.

The first-year psychology student from Surrey, B.C. swam a personal best of 2:19:09 to win the event and her first gold of the meet.

The Victorian State Age Group Swimming Championships included junior national teams from North America and more than 70 club teams from Australia.

Men's basketball

Vikes 62–Spartans 63

The Vikes climbed back from a 15-point deficit against the Trinity Western Spartans Jan. 7, but lost in the closing seconds by a single point in Langley.

Victoria opened scoring and the teams were tied at seven points each before the Spartans turned it on for a 16–3 run to take a 13-point lead. Trinity Western doubled Victoria's scoring and enjoyed their largest lead of the game of 15 points. The Vikes cut that lead down slightly, going into the break 36–24.

Back on the court, the Vikes got off to a quick start and cut the lead to six. They led scoring in the second half 38–27, but trailed until 12 seconds remained on the clock, when **Steve Moore** hit a basket from inside the arc to put his team up 62–61.

The Spartans raced up the court on the inbound and six-foot-three guard Luke Robinson nailed a 12-foot jumper off the glass to outscore the Vikes 63–62.

Chris Trumpy 16 points, six boards; **Brandon Ellis** 13 points; **Tyler Hass** eight points, seven boards.

Record: 8–3

Women's basketball

Vikes 57–Spartans 53

It was a slow and laboured night for the Vikes, who scraped out the win against the Trinity Western Spartans Jan. 7 in Langley.

Again and again the Spartans forced the Vikes to lose the ball and scored 24 points—nearly half their final score—on turnovers.

The Vikes held on to a six-point advantage and were leading at the half 28–22.

The Spartans defense continued to weaken the Vikes, and Victoria gave up the lead for the first time in the game with eight minutes on the clock.

The game's outcome was decided in the closing minutes, and the win came down to the few final plays of the night. The Spartans fouled **Lindsay Hewson**, who sunk both free throws to seal the victory for the Vikes.

Janet Hatfield 14 points, six boards; **Jamie Bell** 12 points; **Ashley Kimmett** nine points.

Record: 6–5

VIKES
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January 13/14 vs. Saskatchewan
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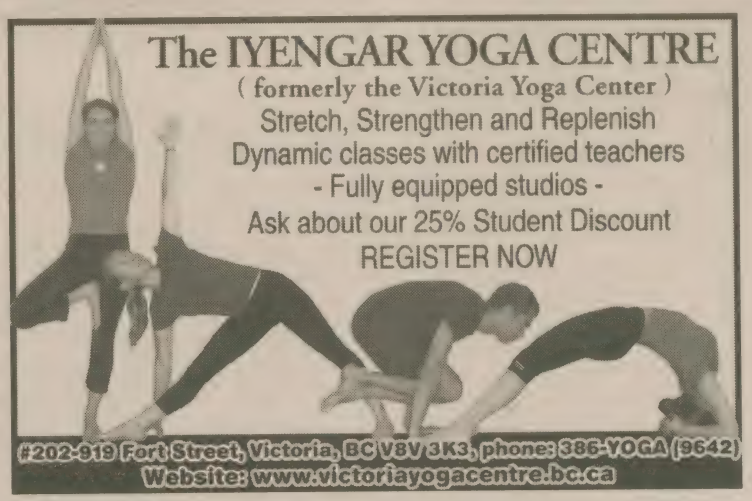
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Hockey's northern lights are bright again

Two back-to-back gold medals promise more success for Canada's junior team

by Seth Cooper

In 1998, people thought Canadian hockey was in trouble.

Most of the members of Canada's recent gold medal-winning junior hockey team were only 10 years old when the nation watched Brendan Shanahan, poster boy for the rough-and-tumble Canadian brand of hockey, miss on Canada's final shot in the semi-final shootout against the Czech Republic at the Nagano Olympics.

After the embarrassment of having lost the first Games open to NHL players, panic took over. Hockey's Canuck celebrities and intelligentsia descended upon Toronto in 1999 for the Open Ice Summit, where they discussed the future of our beloved game and strategized a way to return Canada to the top of the hockey world.

The overarching message from the Summit was that Canada needed to develop more skilled and more coachable players in order to regain the coveted status of the world's top hockey nation.

Someone who watched Canada's recent dominating performance at the International Ice Hockey Federation (IIHF) U-20 Hockey Championships might argue that the efforts in Toronto are finally starting to pay dividends.

For the second straight year, Canada's junior team was untouchable. The team combined speed, size, skill, and character to produce another gold medal as well as a perfect 5-0 record at the tournament.

Arguably, this wasn't the best team Canada had iced at this tournament over the years. In fact, most regarded team USA as the favorite, followed closely by the Russians. And while players from those two teams dazzled fans with their individual skills, they seemed to lack the cohesive teamwork emphasized by Canadian head coach Brent Sutter.

Canada lacked a game-breaker like USA's Phil Kessel or Russia's Evgeni Malkin, who were both top point-getters at the tournament. Canada received production from all its lines, which seemed to have the perfect balance of grit and skill.

In fact, only one Canadian, Blake Comeau, cracked the top 10 in scoring and he tied with seven other players at seven points.

It might even be the case that few of the players on team Canada will emerge as superstars in the NHL, unlike the powerhouse '04-'05 team, which boasted Dion Phaneuf, Patrice Bergeron and Sidney Crosby, to name a few already establishing themselves as NHL elite.

However, certain elements made this year's team more endearing to hockey fans and make this year's gold medal even sweeter.

First, Canada's strategy of team first, individuals second was apparent from the opening game of the tournament. Each of Canada's lines were confident and productive, with players like Steve Downie, who elevated his game above his usual agitator role to compliment more skilled players like Comeau and Dustin Boyd. While other teams struggled to find chemistry, Canada simply got better with each game they played.

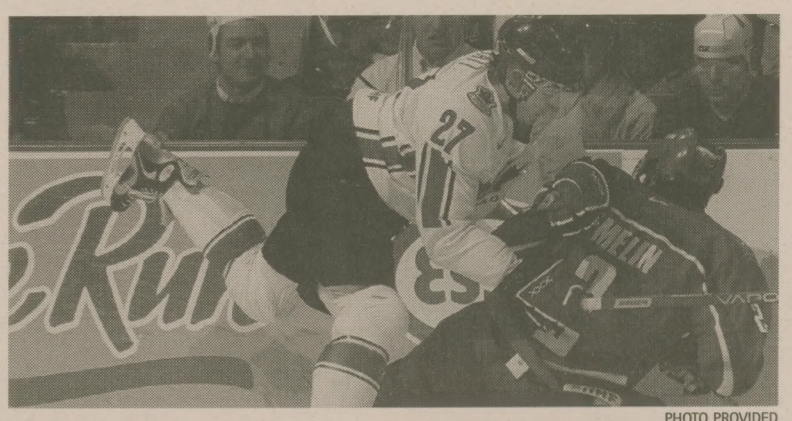

PHOTO PROVIDED

Tom Pyatt, #27, punishes his Russian opponent in the Jan. 5 final.

Second, not only did Canada win, but they did so in style. Regardless of how the opposition played, the Canadians were able to adapt and respond. While some teams in the past have been accused of being unskilled or overly physical, the 2005 team found the perfect balance, matching teams with skill as well as laying a punishing check when needed.

The tournament was a huge success. Post-lockout, hockey-crazed Vancouver fans shattered attendance records for the event, and organizers walked away with a record $9 million profit.

And with 12 members of team Canada eligible to return as juniors next year, the future of Canadian hockey, both junior and pro, is nothing but bright.

So bright, in fact, that Nagano is beginning to look like a minor mishap, rather than a national identity crisis.

As Canada's best selling sports scooter, the BW50 is a common sight on the road. Electric start, automatic transmission, Autolube oil injection and a peppy, 49cc, 2-stroke engine make the BW as easy to use as it is fun to ride. Sleek styling and a racy profile ensure the BW's looks match its sensibility. BW50, make a statement.
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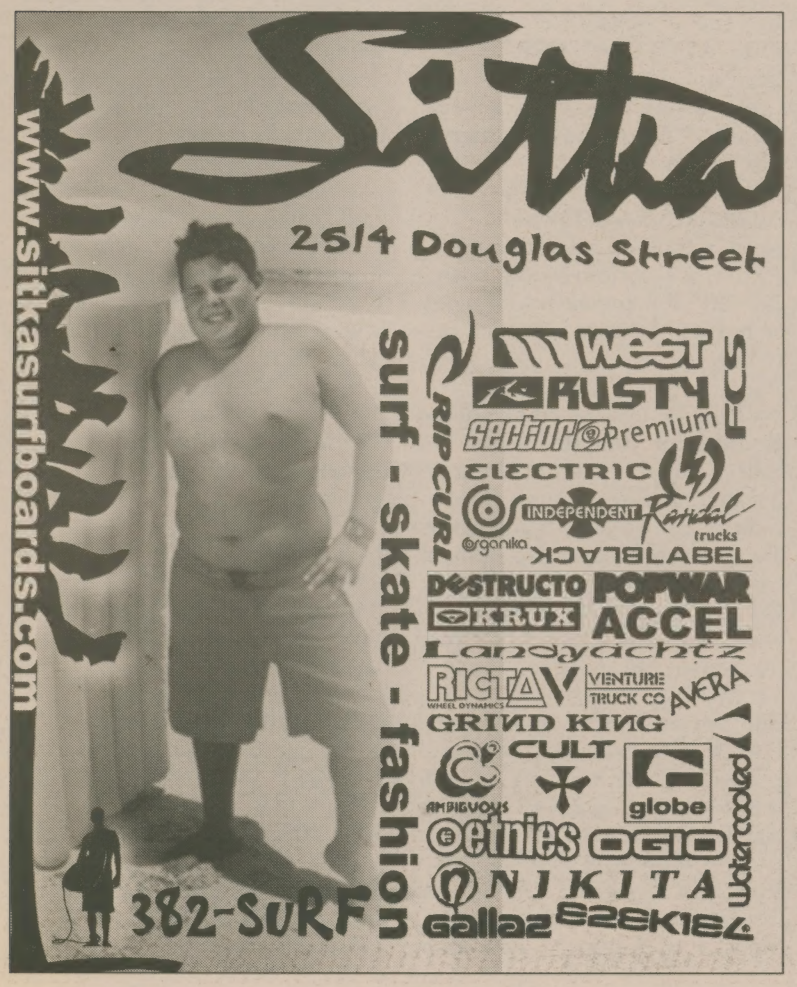

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Fling the bling and drop your gold lacquered pants

West-coast casual baller Steve Nash disagrees with a new NBA dress code policy that some critics consider racist

by Brian McLennon
The Other Press

NEW WESTMINSTER (CUP) — For the first time in history, the NBA has instituted a dress code policy for its players.

In October, NBA commissioner David Stern sent a memo to every NBA team indicating the mandatory dress code policy that will be effective with the start of the 2005–06 season, which started Nov. 1.

The dress code stipulates "players are required to wear business casual attire whenever they are engaged in team or league business." The definition of the league's "business casual" is a long or short-sleeved dress shirt, and/or a sweater. Dress slacks, khaki pants, or dress jeans. Appropriate shoes and socks, not including sneakers, sandals, flip-flops, or work boots.

The league has also outlined what not to wear. Included on the list are sleeveless shirts, shorts, t-shirts, jerseys or sports apparel, headgear of any kind, chains, pendants, or medallions worn over the player's clothes, sunglasses while indoors, and headphones (other than when on the team bus or plane, or in the team locker room).

Current MVP and Victoria-native Steve Nash is opposed to the dress code policy.

Nash said he believes the league is "overstepping its bounds," but also says he is willing to abide by the new rules. Nash is not alone in his criticisms. Players as well as coaches and the media responded with mixed reviews, and some critics have argued that the dress code is racially motivated.

In an Oct. 9 column, *Philadelphia Inquirer* columnist, Stephen A. Smith, who is an African-American wrote, "... Indeed, there's a racial element here. But since there are 60-year-old black parents and grandparents just as appalled by some players' attire, there is a generational element too."

Smith continued by supporting the NBA dress code. "When you are selling a sport overwhelmingly populated by young black males to an older white audience, the reality is that impressions, first or otherwise, often determine your product's success."

The NBA has been under pressure to clean up its image ever since the Pacer-Piston melee that occurred last year in Detroit during the final minutes of a game.

In the late '80s and '90s, sport legends such as Michael Jordan, Ervin "Magic" Johnson, and Larry Bird personified the NBA with success on and off the court. Their exceptional athletic abilities, charming personalities, and professional images made the NBA the media darling of professional sport organizations around the globe.

Less than a decade ago, a new breed of young stars such as Kevin Garnett, Kobe Bryant, and Allen Iverson exploded on to the NBA scene. They were fresher, received more media attention, and were paid higher salaries than most previous NBA players earned in their entire careers. The birth of megastars had arrived and with it, a culture that was already hitting mainstream America in full stride: hip hop.

The NBA was hesitant at first, but they jumped on the bandwagon and embraced the hip-hop culture when they noticed hip-hop fashion had gone mainstream. The phenomenon erupted into a multi-million dollar industry as the NBA tried to link its players to what was becoming "pop" hip-hop. However, the association with hip-hop became an issue when its culture began to penetrate the NBA image.

For some NBA players, the line was not drawn between hip-hop "at play" and "at work." When making $8 million a year and gracing the national spotlight at media events, an audience expects an element of professionalism.

With mega-huge headphones, multi-karat diamond studs, baseball hats cocked to one side, and Rodman-esque gold-lacquered pants, players were blurring the lines of acceptable professional presentation.

But is this a racial issue or a business issue?

With TV ratings at an all-time low, the NBA is losing revenues where it really counts: in advertising. With fewer corporations willing to share their image with the questionable images portrayed by players, the NBA felt a need to address the problem.

Stern, NBA commissioner, however, has sent a strong message to the players. "I don't think there will be a problem unless somebody wants to make a problem," he was quoted as saying in New York.

"If they really want to make a problem, they're going to have to make a decision about how they want to spend their adult life in terms of playing in the NBA or not."

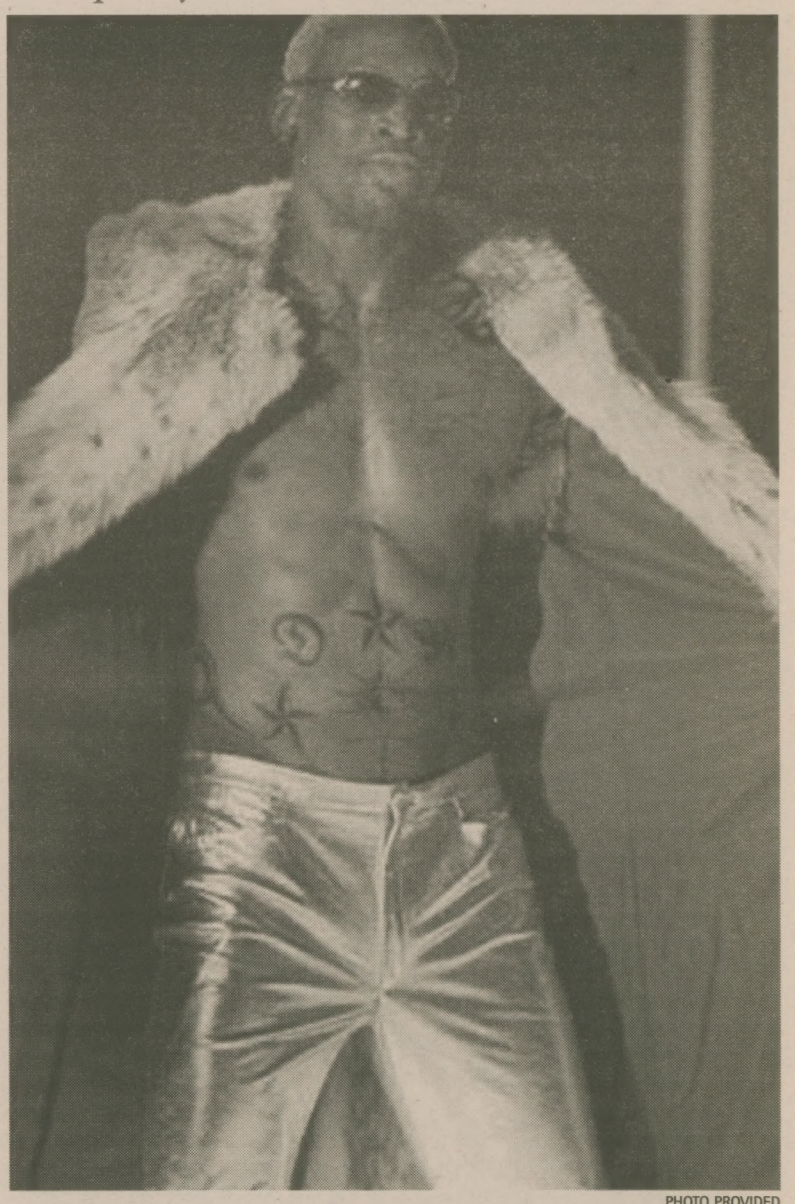

PHOTO PROVIDED

Dennis Rodman is a "What Not To Wear", according to the new NBA dress code.

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WANTED AND APPRECIATED: volunteer childcare assistants at Kiwanis House playing with children while their parents participate in life skills, parenting and pre-employment training creating a better life for themselves and their children. Contact Rachel Calder at 382-1004 or khp@youthoutreach.ca

Seize the moment - new skills, new friends, and new opportunities — Volunteer Opportunities at Swan Lake Christmas Hill Nature Sanctuary—Nature Interpreter with school groups and Nature House Receptionist. For more information call 479-0211 or email: volunteer@swanlake.bc.ca

BE AN IN-SCHOOL MENTOR
Mentor a student in an elementary school 1 hour/week. Play games, sports, cook, read, do arts and crafts and other fun activities. Call Big Brothers Big Sisters at 475-1117 bonnie@bbbsvictoria.com.

Volunteers of all ages are needed to assist individuals with disabilities to get out and be active. By donating only 1-2 hours a week you have the opportunity to participate in an activity you enjoy while giving back to your community! To get involved or for more information, please call Bryanna at 477-6314 or visit: www.rivonline.org/RIVSite.htm

The BC Cancer Agency - Vancouver Island Centre is currently recruiting volunteers for Patient Support positions and for their busy TeaLC Café. Shifts are 3 and 4 hour, once a week. If you are interested in volunteering in this rewarding environment and are available to help out during a weekday, please contact Volunteer Services at 519-5500 ext 3747.

ON CAMPUS

GORDON HEAD SCHOOL is holding a BIG community event on January 27th & 28th to celebrate the end of an era as an elementary school. The school will become a middle school in September '06. In addition, the event will celebrate the school's 50 years on Kenmore Road and 115 years in Gordon Head, and a commemorative BOOK has been published to acknowledge these landmark events. The book entitled CELEBRATING OUR PAST tells the story of the school since 1891.

THE NATIVE PLANT STUDY GROUP - JANUARY MEETING
Nature photographer, Derek Ditchburn will be speaking on Vancouver Island wildflowers Thursday, January 19, 2006 at 7pm sharp, UVic's MacLaurin Bldg, Rm D-116. Non member drop-in fee: $2. For more info contact 595-5820.

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Are you interested in global issues? Then the Commonwealth club is for you! Get involved today! contact courtney at cnoble@uvic.ca

SERVICES/ANNOUNCEMENTS

Victoria Queer Parents is a parenting group for members of the GLBT community in southern Vancouver Island who are considering becoming parents, are expecting, or are parenting babies and toddlers. The group meets regularly in Victoria. For more information, contact us by email: victoriaqueerparents@yahoo.ca

Four Corners Language Institute. Mandarin, Arabic, Spanish, ESL, and more! Evening classes Tues & Thurs 7-9 p.m. Teach English Overseas! www.fcli.bc.ca (250)383-6719

Chorale auditions & free voice coaching sessions by Connie Foss More for those aged 7-16 by Dec. 31, 2005, are being offered by VIVA Choirs on Jan 8 & 15 by appointment. Find out if you'd like to join one of the 6 boys, girls or co-ed groups, beginner to advanced. Call 472-2655 or 658-3407, or check www.vivachoirs.ca for information.

Free drop-in rehearsals for those aged 8-16 by Dec. 31, 2005, are being offered by VIVA Choirs on Jan. 10 at 5:15 PM for girls and on Jan 12 for boys at 5:45 PM. Come to UVic's MacLaurin Building A166, 168, 169 (to the right of the entrance off parking lot E). Find out if you'd like to join one of VIVA'S girls, boys or co-ed groups, beginner to advanced. Call 472-2655 or 658-3407, or check www.vivachoirs.ca for information.

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Is your life affected by someone's drinking? Help is available in the Victoria area. Call 383-4020 for more information or visit www.bcyukon-al-anon.org for more information.

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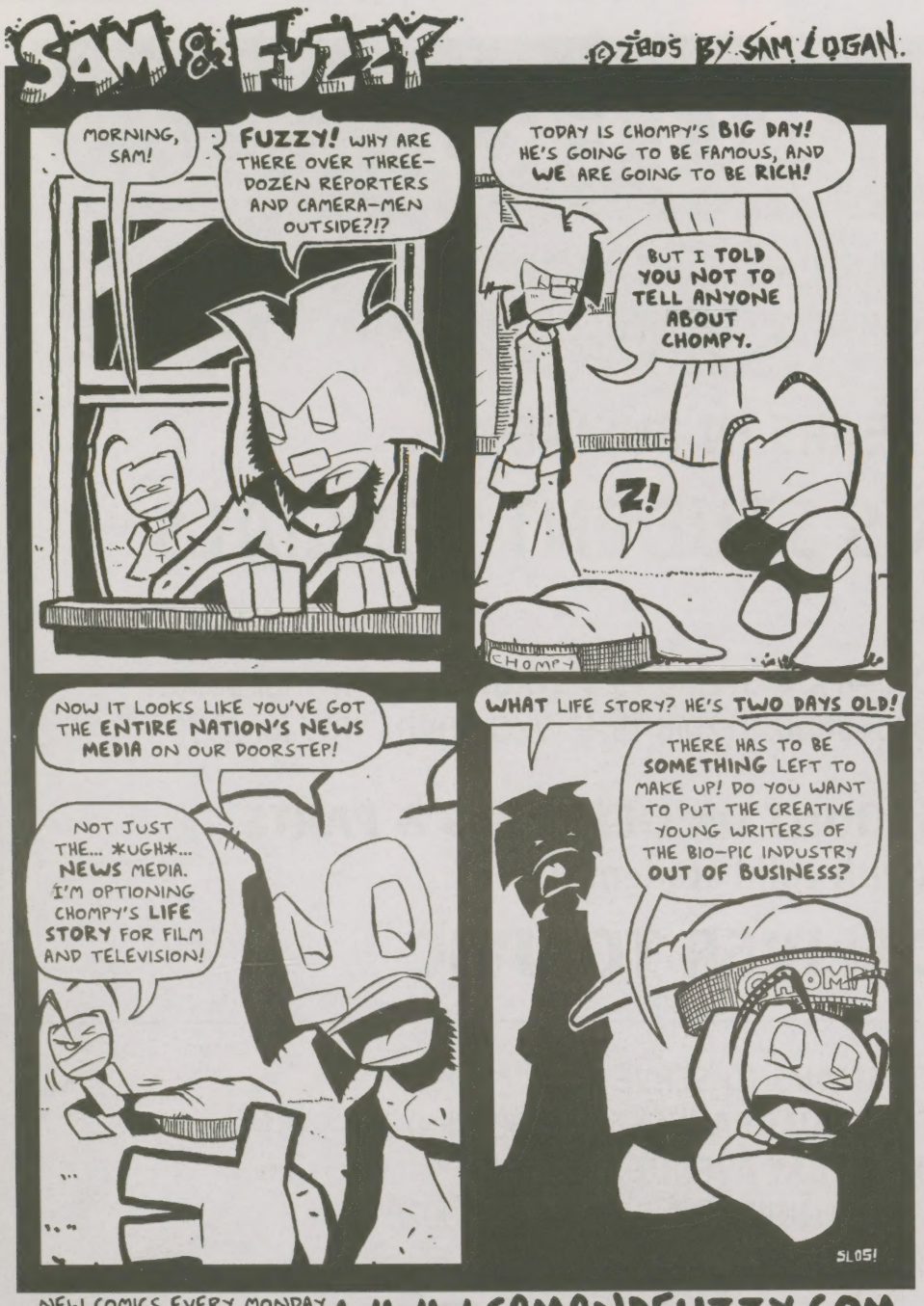
HEY YOU

When the proverbial water glass is full, just shut-up and drink it you pessimistic ass-suck!


SAM & FUZZY
©2005 BY SAM LOGAN.
MORNING, SAM!
FUZZY! WHY ARE THERE OVER THREE-DOZEN REPORTERS AND CAMERA-MEN OUTSIDE?!?
TODAY IS CHOMPY'S BIG DAY! HE'S GOING TO BE FAMOUS, AND WE ARE GOING TO BE RICH!
BUT I TOLD YOU NOT TO TELL ANYONE ABOUT CHOMPY.
Z!
CHOMPY
NOW IT LOOKS LIKE YOU'VE GOT THE ENTIRE NATION'S NEWS MEDIA ON OUR DOORSTEP!
NOT JUST THE... *UGH*... NEWS MEDIA. I'M OPTIONING CHOMPY'S LIFE STORY FOR FILM AND TELEVISION!
WHAT LIFE STORY? HE'S TWO DAYS OLD!
THERE HAS TO BE SOMETHING LEFT TO MAKE UP! DO YOU WANT TO PUT THE CREATIVE YOUNG WRITERS OF THE BIO-PIC INDUSTRY OUT OF BUSINESS?
CHOMPY
SLOS!

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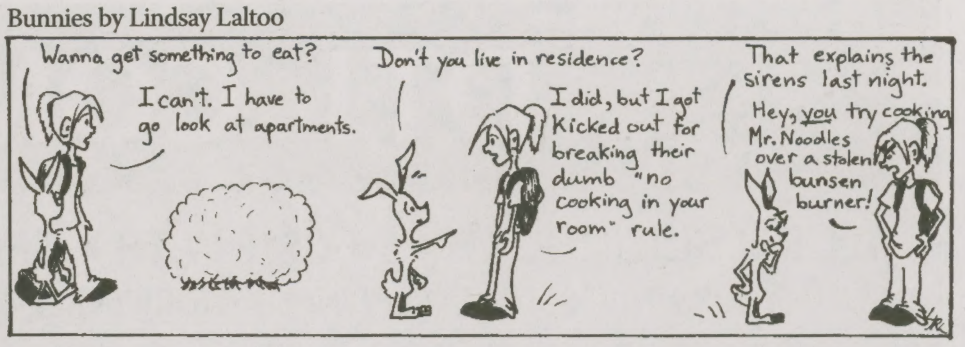
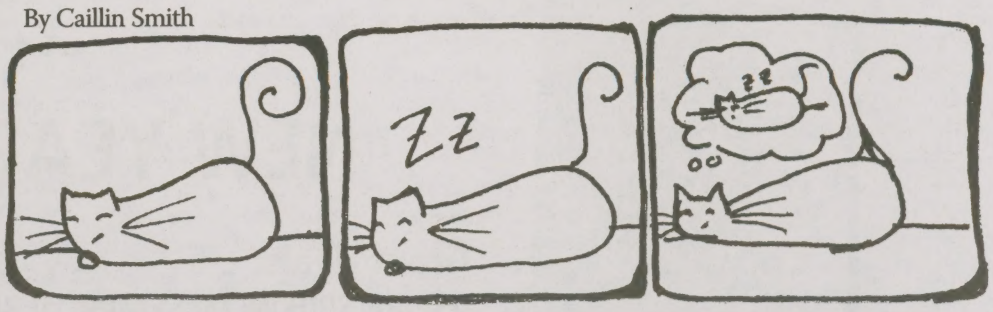
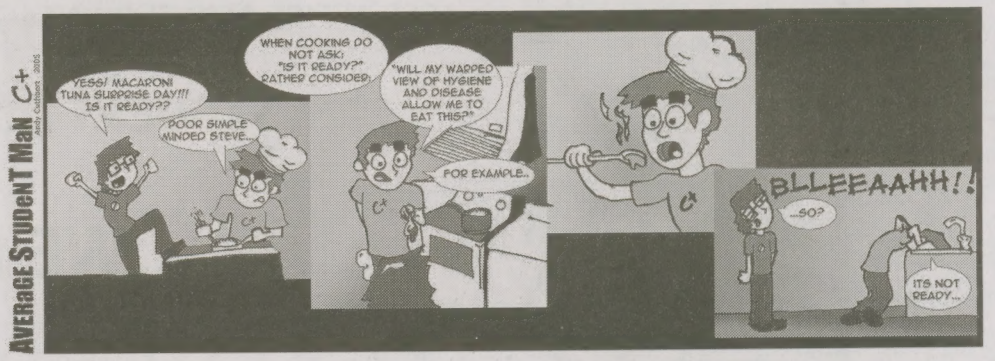
Bunnies by Lindsay Laltoo


Wanna get something to eat?
I can't. I have to go look at apartments.
Don't you live in residence?
I did, but I got kicked out for breaking their dumb "no cooking in your room" rule.
That explains the sirens last night.
Hey, you try cooking Mr. Noodles over a stolen bunsen burner!

By Caillin Smith



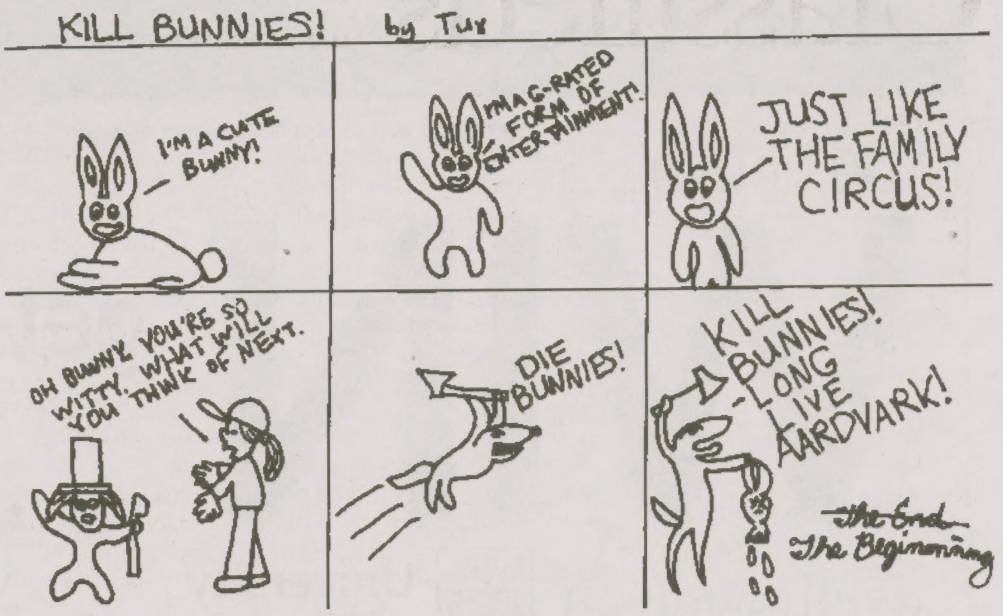

AVERAGE STUDENT MAN C+
Andy Cothren 2005
YESS! MACARONI TUNA SURPRISE DAY!!! IS IT READY??
POOR SIMPLE MINDED STEVE...
WHEN COOKING DO NOT ASK: "IS IT READY?" RATHER CONSIDER:
"WILL MY WARPED VIEW OF HYGIENE AND DISEASE ALLOW ME TO EAT THIS?"
FOR EXAMPLE...
BLLEEAAHH!!
...SO?
ITS NOT READY...

And How by Christina Lett

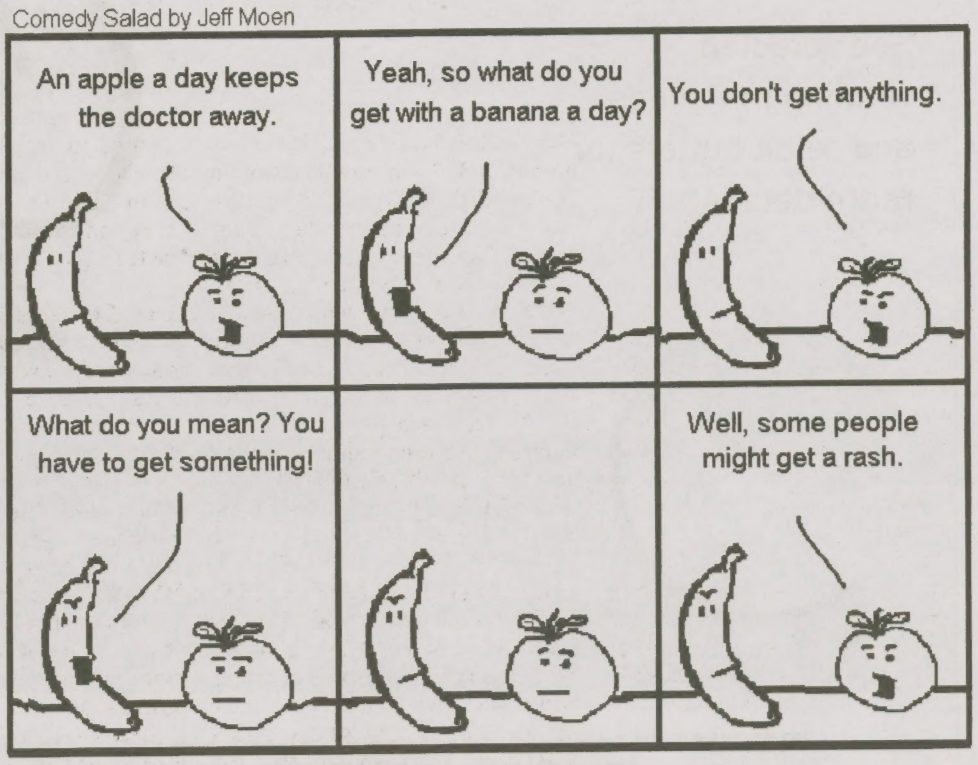
start the year with a funeral.

DISCE PATI

KILL BUNNIES! by Tux


I'M A CUTE BUNNY!
I'M AG-RATED FORM OF ENTERTAINMENT!
JUST LIKE THE FAMILY CIRCUS!
OH BUNNY, YOU'RE SO WITTY. WHAT WILL YOU THINK OF NEXT.
DIE BUNNIES!
KILL BUNNIES! LONG LIVE AARDVARK!
The End
The Beginning

Comedy Salad by Jeff Moen


An apple a day keeps the doctor away.
Yeah, so what do you get with a banana a day?
You don't get anything.
What do you mean? You have to get something!
Well, some people might get a rash.

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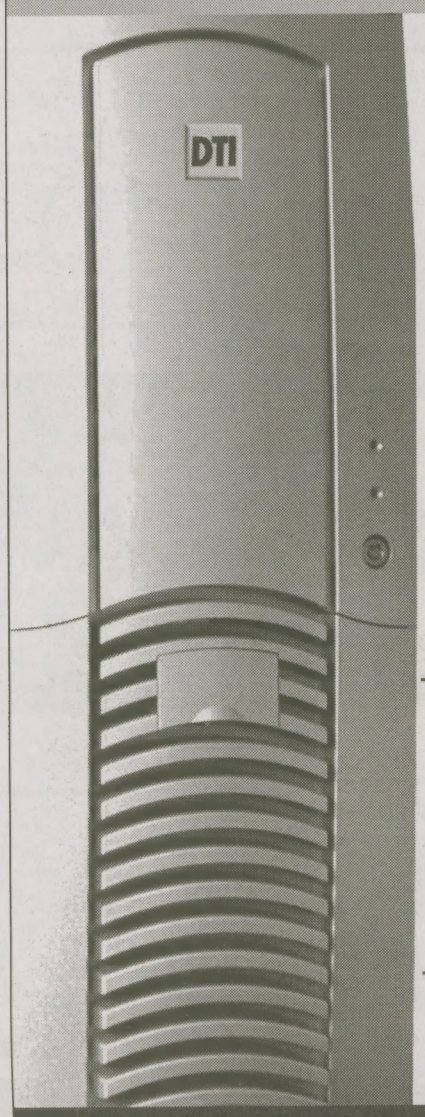

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